

RUN THE RACE EPISODE 2

1. Copy for email and newsletters

You may have heard people say, “Life’s a marathon, not a sprint” – well at times it could be described more like an egg-and-spoon race with your shoelaces tied together. However gruelling, the secret to running life's race is to stop, take time out and recover. That’s hard for a lot of us, when the word ‘recovery’ isn’t even in our vocabulary.

In this instalment of *Run The Race*, from Care for the Family, Rob Parsons, Gerrit Bantjes and Mark Chester unpack how we recharge as men, and honestly explore how we can look after ourselves well. Don’t worry, there’ll still be fun-filled, death- defying, double-barrelled challenges.

Book your ticket: cff.org.uk/race2

2. Copy for social media – Facebook

Life is a marathon, not a sprint 🏃, so taking time out to recover is essential. At Care for the Family’s online event for men, *Run the Race*, they will unpack exactly how to do this, and honestly explore how we can look after ourselves. It’s also jam packed with fun-filled, death-defying, double-barrelled challenges! Grab your ticket 📌 cff.org.uk/race2

3. Copy for social media – Twitter

Life is a marathon, not a sprint 🏃 That’s why it’s so important to take time out to rest and recover. *Run the Race Recovery*, is an online event looking at how men can avoid burnout, with some fun challenges too! Grab your ticket from @Care4theFamily 📌 cff.org.uk/race2