

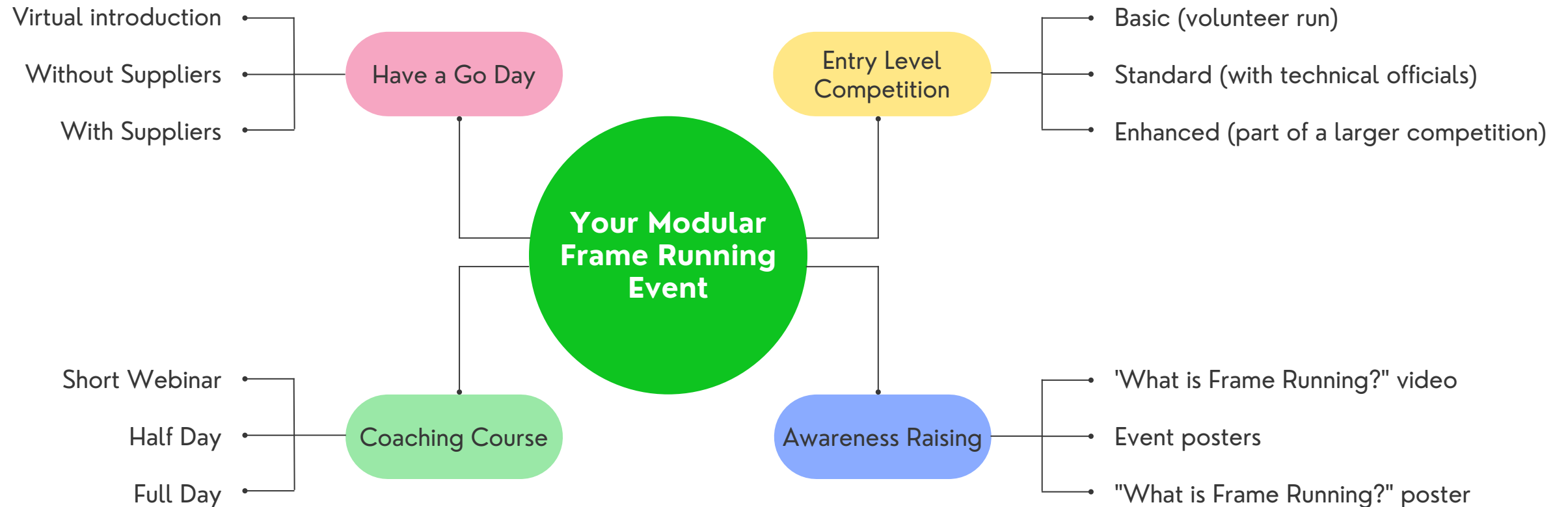


RUNFREE

Build Your Own RUNFREE Event



Co-funded by the
Erasmus+ Programme
of the European Union



- 1 Choose if you want to hold a stand-alone event or combine aspects to build a bigger event
- 2 Choose the option under each aspect that suits you best
- 3 Combine together with another option from a different stream, or hold as a stand-alone event

- 4 Use the materials available to help you plan and run your event
- 5 Add in material from the Awareness Raising stream to increase awareness of your event and of Frame Running in general