

# Put your best foot forward



Whether you're representing Team ECHO in the London Marathon, embarking on an epic Iron Man Challenge, taking children on a Welly Walk or gearing up for a 5k fun run - there's no doubt that sponsored runs are a good way to raise money.

We know that whether it's 5 miles or 50 miles you're aiming for - it doesn't matter. The most important thing is your own personal goal and the fact that you're dedicating your time and commitment to a special cause - raising money for heart children.

We can't thank you enough for donning your trainers to pound the streets and raise hard cash - all of which goes to supporting children and young people with heart conditions and their families.

Check out the [ECHO events calendar](#) to see what upcoming challenge events we have planned.

If you're feeling ready to take on a running challenge for ECHO make sure you [download our sponsorship form](#).

Good luck - and remember to tell us how you get on! We'd love to share your achievements with the ECHO Community.

*From fun runs to marathons, there's a run for you.*