



100km in 30 Days

June 2026

Employee Engagement Programme

A simple, fun challenge that brings your team together and supports **life-saving cancer services** across Ireland.



BOOST
WELLBEING



STRENGTHEN
TEAM CONNECTION



MAKE
A REAL IMPACT



GET YOUR TEAM INVOLVED
www.100k30days.ie



Join the Challenge

Join thousands of supporters, organisations, ambassadors, and celebrities this June in the 100km in 30 Days Challenge - walk, jog, swim, cycle, or wheel your way, while raising funds to support those affected by all types of cancer.

Why Take Part?

- Help save lives with cancer prevention, awareness, and early detection
- Promote employee wellbeing and engagement
- Strengthen teamwork across your organisation
- Flexible and inclusive participation
- Support your organisation's CSR goals while making a real impact

1
— in —
2

people will be diagnosed with cancer in their lifetime

How It Works

1 **Get Moving**



Walk, jog, swim, cycle or wheel 100km during the 30 days of June

2 **Compete Together**



Join or create a team and take on colleagues across your organisation

3 **Make an Impact**



Raise funds to support the Marie Keating Foundation's cancer services

Register Your Team



Simply register your team online:
www.100k30days.ie

Entry per team member costs only €25 and can be recognised as a charitable donation.

- Track your progress with a dedicated activity dashboard that integrates with Strava, Fitbit, and Garmin.
- Receive your campaign t-shirt delivered to your home.
- A chance to win fabulous prizes during the challenge.



Ready to get started?
Register your team today!

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