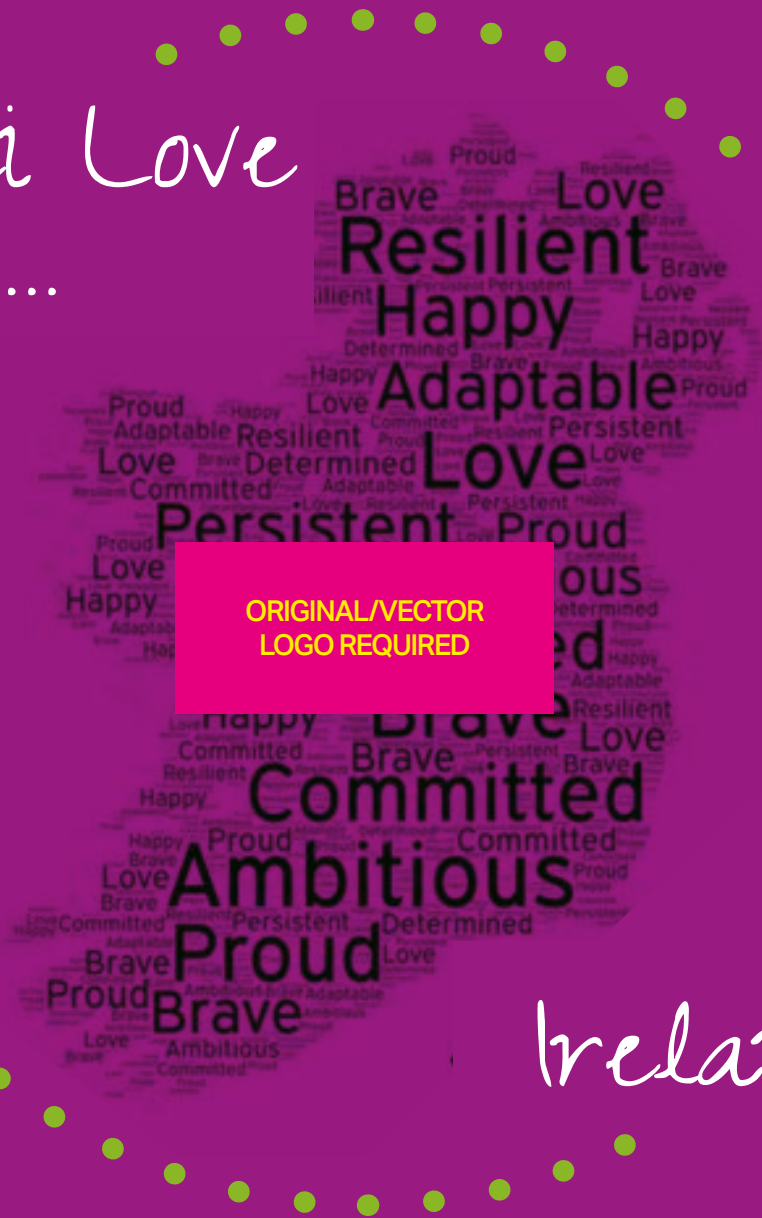


CHASING EXTRAORDINARY...

Nikki Love
runs...



Ireland

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RUN AROUND IRELAND

Hi I'm Nikki and I'm an adventure runner. What does that mean? Well, I like to run and I like to go on adventures, so I put the two together and then I see what my feet and my mind are capable of and where my feet and mind can take me.

Last year I ran 63 marathons in 63 days through Scotland, England and Wales. This year I'm going to run around Northern and Republic of Ireland and I'm so glad that you are going to be joining me on this adventure run.

These adventures have come about because of dreams and goals I had when I was little girl. I would spin my world globe and imagine myself travelling to all the places around the world. I wasn't sure how, I just knew Why.

My WHY was because I saw the world as my home and I thought, and still do think, that it's important that I should know more about my home, learn about the people I share my home with and that I should love and look after my home.

I got into running because of this same reason – my body and mind is my home.

It is my responsibility to love and look after my body and mind for the rest of my life. I do it by moving my body. I do it by eating food that is good for me - filling it with all the nutrients, vitamins and minerals it needs to help me to keep it moving. Most importantly I do it by using my mind and body to see what I'm capable of achieving.

When I first thought about running 63 marathons in 63 days, I could have thought it was not possible and I would have been right, because I wouldn't have even started the process of training.

Instead, I thought it was possible to run 63 marathons in 63 days and because I thought I could, I started taking all the little steps I needed to take to make it happen ... and guess what, I was right, I could run 63 marathons in 63 days.

Acting on dream goals and ambitions is what I call 'Chasing Extraordinary'.

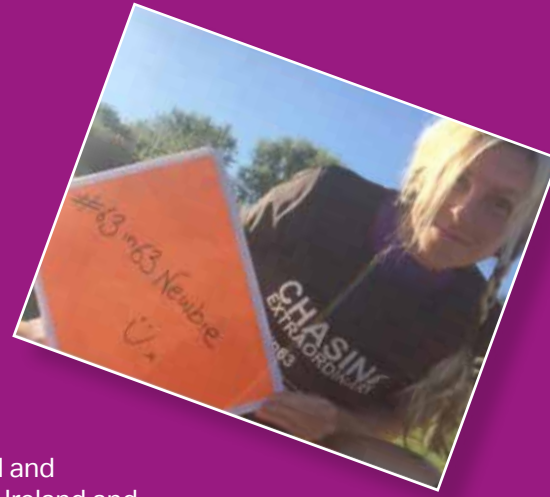
When I'm 'Chasing Extraordinary' I concentrate on 10 words. You could call them characteristics or traits. I call them my 'super-powers'.

- | | |
|---------------|---------------|
| 1. Ambitious | 6. Resilient |
| 2. Brave | 7. Persistent |
| 3. Committed | 8. Proud |
| 4. Adaptable | 9. Happy |
| 5. Determined | 10. Love |

Here's how I use them. I think and believe I can 'Be ambitious' and when I take action that sentence becomes 'I am ambitious'.

For the next 5 weeks I want you to think and believe that you can BE these words and as you run and chase me around Ireland, you too will experience how great it feels when 'BE' becomes 'I AM'.

So that's it for the pep talk. Ready, steady ... let's Run Around Ireland



WEEK 1 BE AMBITIOUS & BE BRAVE

In your own words, or drawings or photos, how did week 1 of your Run Around Ireland go?

I AM

I AM

WEEK 2

BE COMMITTED & BE ADAPTABLE

How was your week 2?

Are you still following me around Ireland?



I AM

I AM

WEEK 3

BE DETERMINED & BE RESILIENT

We're over the halfway point. What was week 3 like?

Are you enjoying how strong and determined you are?



I AM

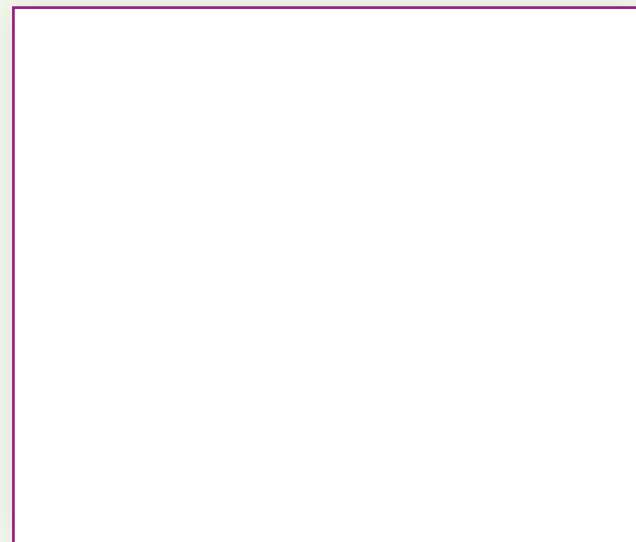
I AM

WEEK 4

BE PERSISTENT & BE PROUD

For me this is the mentally tough week – there's still a bit to go so I have to stay persistent to the adventure.

I'm so proud of the effort you're putting in. How are you feeling?



I AM

I AM

WEEK 5

BE HAPPY & BE LOVE

Although I've put these two words last, I believe they are my most important 'super powers'. Moving through my day with love always makes me happy. I hope you have felt these feelings too.

Thank you for being by my side during these past 5 weeks. What an adventure hey!



I AM

I AM



ABOUT US

Launched by Ben Smith, the man who famously ran 401 marathons in 401 days, The 401 Foundation's mission is simple! We passionately strive to help people build their confidence and self-esteem, along with tackling mental health and self-development issues, by financially supporting local community projects and individuals directly. Help us help those that need it the most, be part of something truly innovative, inspiring and empowering, help us make a positive change today, for a brighter tomorrow.

IT ALL STARTED WITH A SIMPLE DREAM...

We aim to provide grants of between £1000 and £3000 to support small grassroots community projects and individuals in building confidence and self esteem along with tackling mental health and self development issues.

“**CONFIDENCE AND SELF-ESTEEM ARE TWO OF THE MAIN BUILDING BLOCKS TO A HAPPY LIFE, SHOULDN'T WE ALL HAVE THE CHANCE TO FIND OUR HAPPY?**”

BEN SMITH

OUR GOALS...

£1.5M

Over the next 10 years we plan to build a sustainable charity model that will allow us to hand out £1.5 million in grants annually to projects and individuals all around the UK

Small grants of between £1000 to £3000 can go a long way to supporting local causes to make a real difference in their areas

600

We aim to support approximately 600 local community projects and individuals annually through our grants, to help build confidence, self esteem and tackling issues around mental health and self development in the UK

22

The number of events we plan to launch over the next 10 years nationally. Our events are key to the success of our grants. 100% of the profits from each of our events are donated to The 401 Foundation to hand out as grants