



RUN IT, WALK IT, CYCLE IT or SWIM IT; this year we're challenging you to take on 75 miles, any way you wish.

Join friends, family and colleagues across the UK and help us to mark our 75th anniversary by signing up to **#My75Miles**.

A year-long challenge that's accessible for all, whatever your fitness level.

Register today and fundraise to help us support the fire community for another 75 years.

www.firefighterscharity.org.uk/my75miles



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