

The Vanguard Tough Mudder Takeover

SUGGESTED WORDING FOR YOUR CHARITY GIVING PAGE



On Friday 22nd September 2023, Team **(INSERT TEAM NAME)** will be taking part in The Vanguard Tough Mudder Takeover – a muddy obstacle course that will push us physically as well as mentally. We will need to work hard, together, to complete all 13 obstacles as a team.

We're embarking on a strict training regime to get us in top shape for the big day, and thought this would be a fantastic opportunity for us to raise both awareness and much needed funds for **(INSERT CHARITY NAME)**.

(INSERT CHARITY OVERVIEW TEXT).

**We thank you in advance
for your generosity – wish us luck!**