

# LONG LAPPER!



## WELCOME TO THE MOVEMENT

**MATES Long Lap** is a month-long event, encouraging us to be more active, take the time to check-in with mates, whānau and communities while you head off for a walk, run, bike, swim, skate, or anything else that involves moving and clocking up KMs.



In 2025, the Long Lappers did 53,000+ KM - in 2026, we're aiming for,  
**5 LONG LAPS. 75,000 KM.**

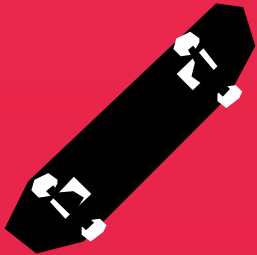
### To do this, we need your help.

Share your Long Lap experience by printing the posters attached to this info pack or [download the posters here](#).

### *Want to share on social media that you're doing the Long Lap?*

Head over to our [SOCIAL MEDIA PACK](#) on Canva to get yourself some tiles and if you don't already have a Canva account, you can use this platform for free at <https://www.canva.com>





# JOIN THE LONG LAP

## 5 LAPS. 75,000 KM.



This April, grab your mates, whānau, your community, and get moving to support mates doing it tough in our industry. Sign up and track your kilometres to ignite hope in our fight against suicide.



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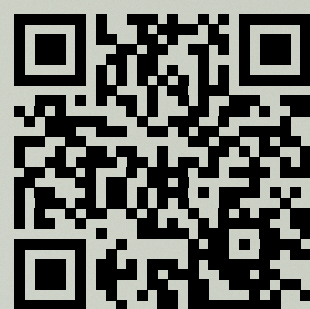




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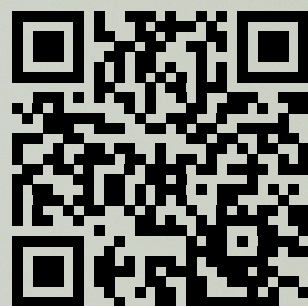


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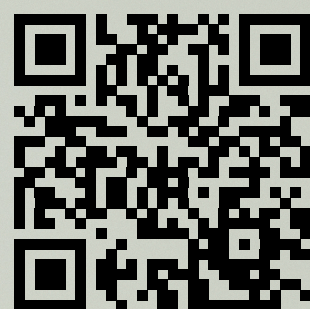




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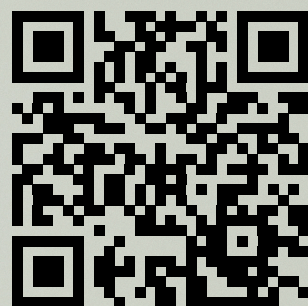


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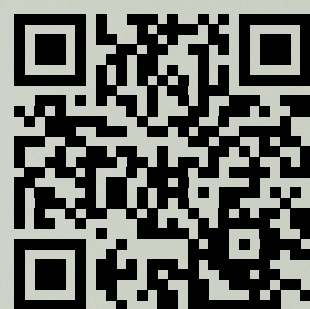




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