

SIGN UP  
TO WIN!\*

Sport Your Trainers is a national campaign which encourages everyone across the country to wear their trainers on Commonwealth Day — 12 March.

We want everyone from all over Scotland, whether they are at home, work or play, to show their support for the Glasgow 2014 Commonwealth Games by ditching their normal footwear and wearing their trainers for the day.

Sign up and Sport Your Trainers on Commonwealth Day or why not Step Up and take on a healthy challenge?



## Sign up, Step Up

Step Up and create a pledge to show your support for the Games! Whether you're getting everyone to wear their trainers for the day, walking a mile or running a marathon, get involved!

Once you have created your pledge at [glasgow2014.com](http://glasgow2014.com), you'll be entered into a competition to win\* Opening Ceremony tickets, limited edition trainers and official Glasgow 2014 shoelaces. You can share your online challenge with friends and colleagues.

[glasgow2014.com](http://glasgow2014.com)

 #SportYourTrainers



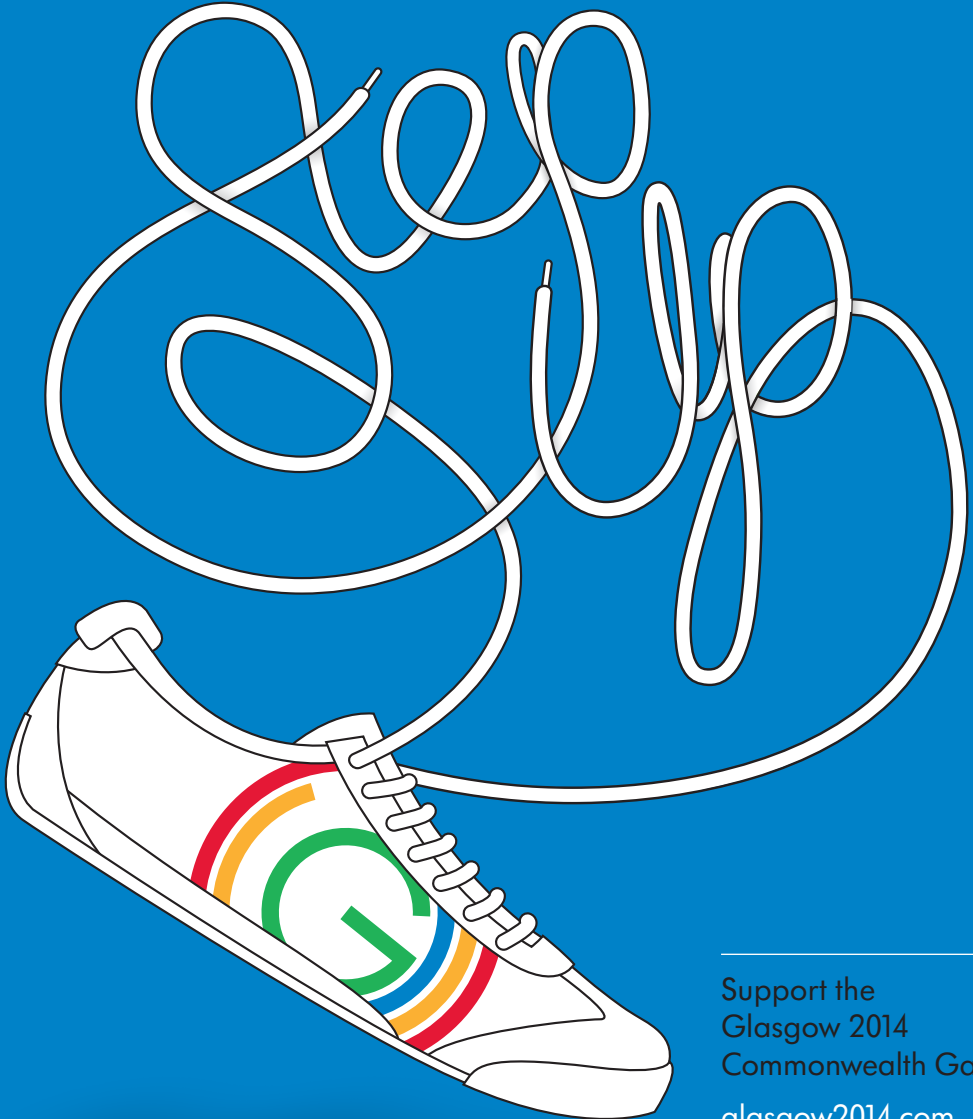
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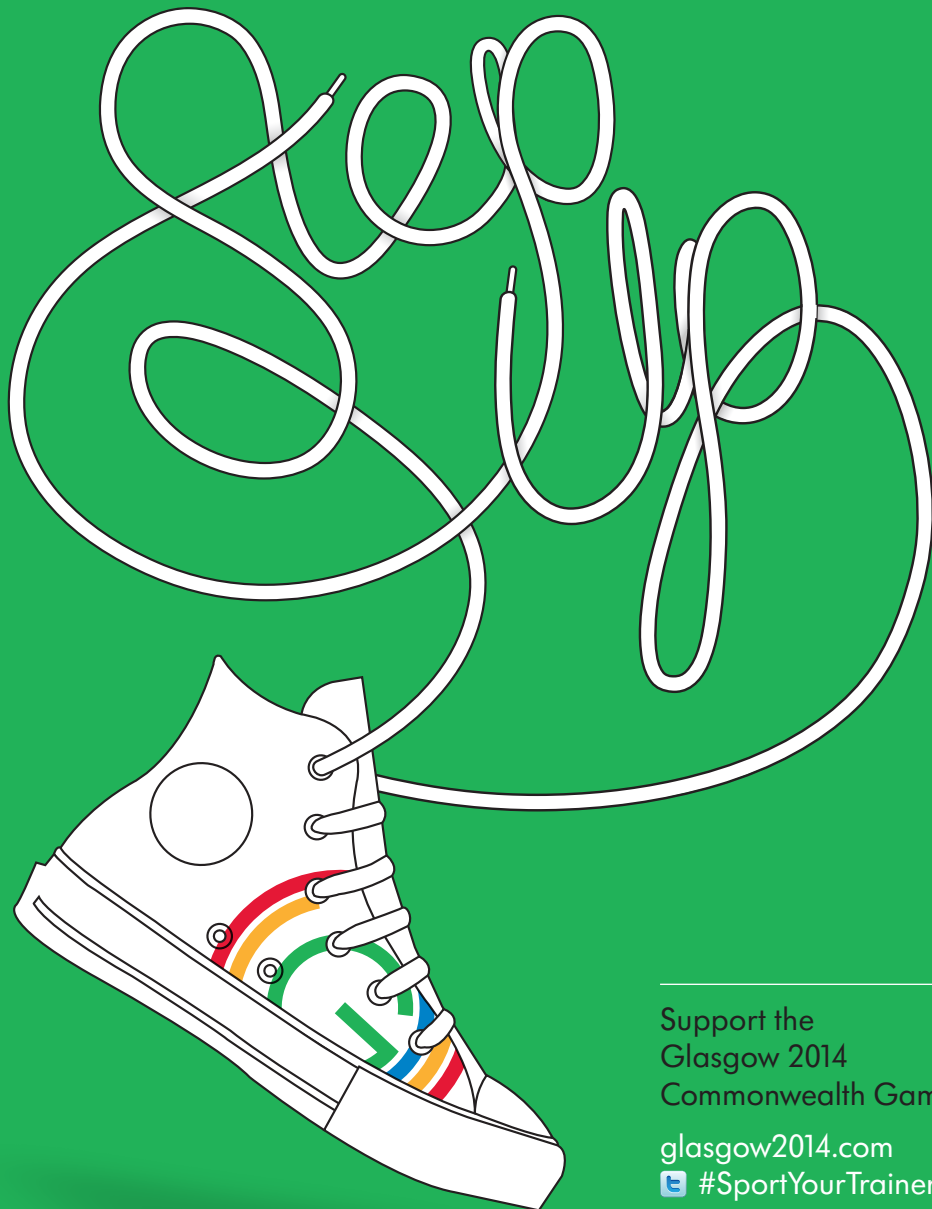


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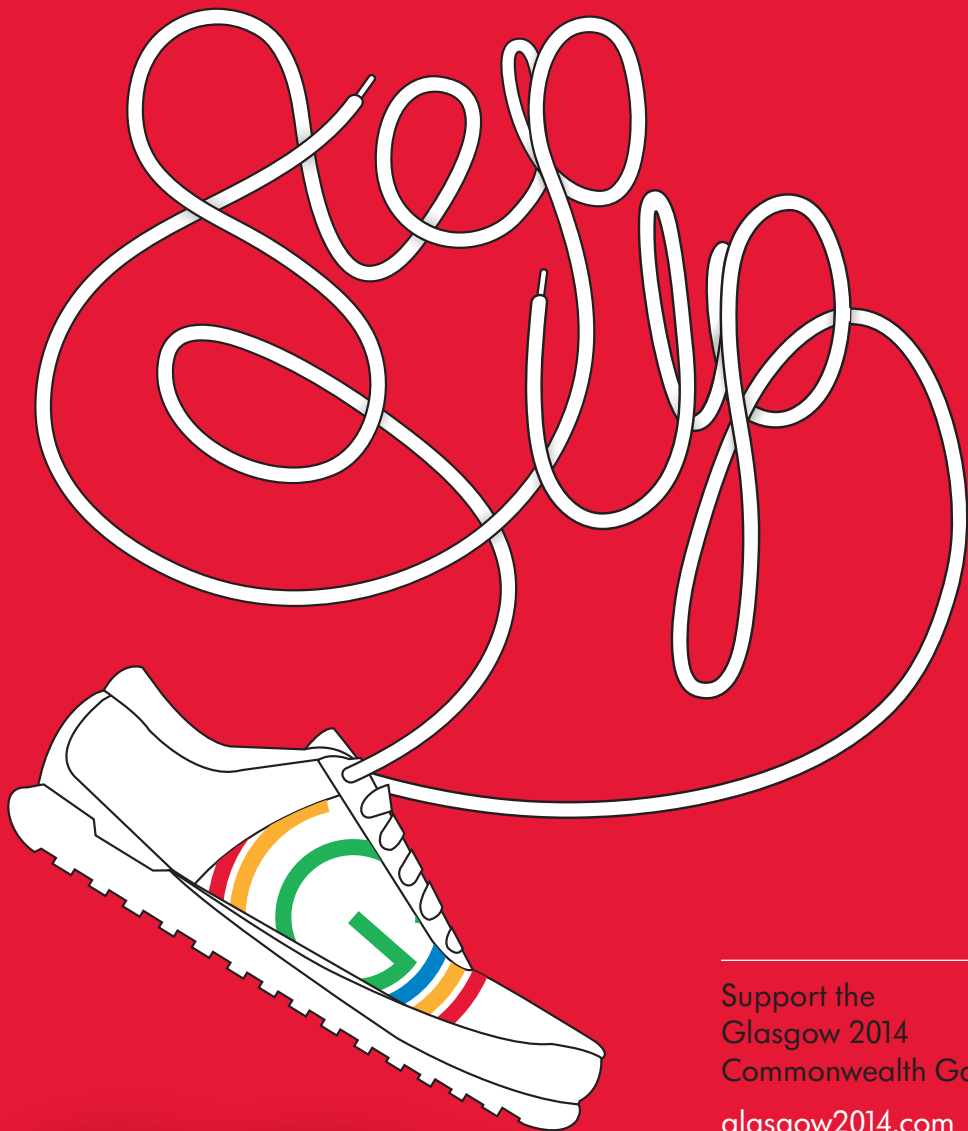


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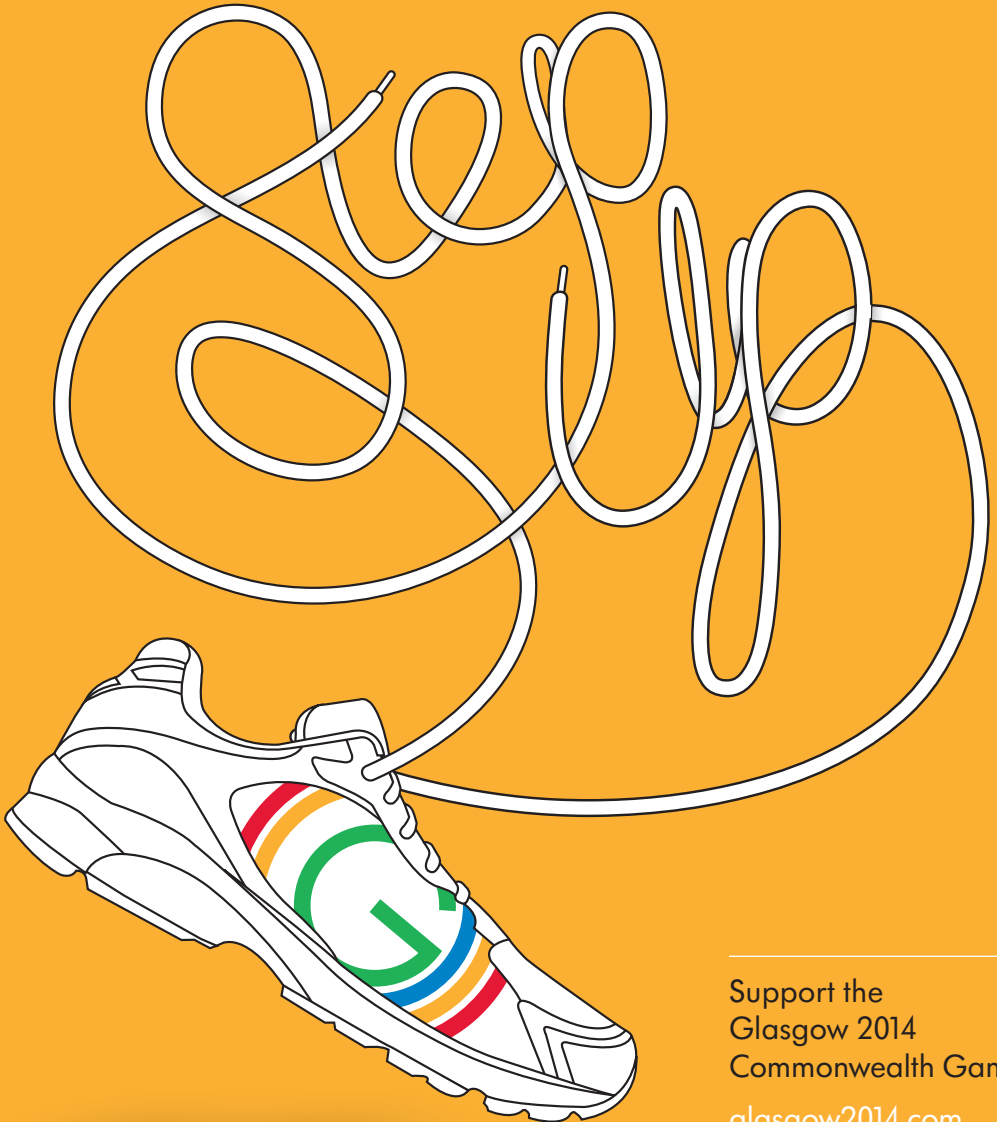
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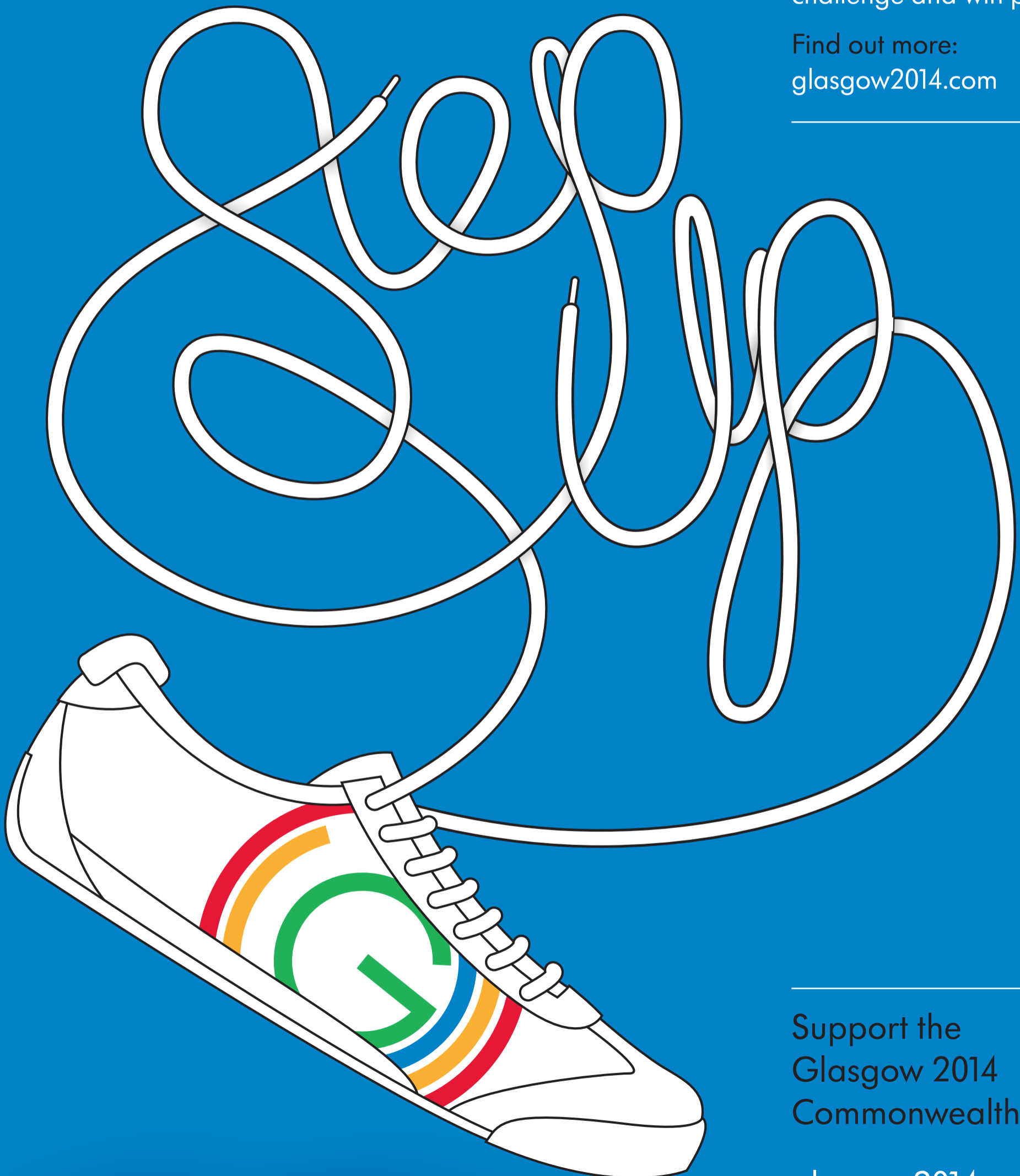
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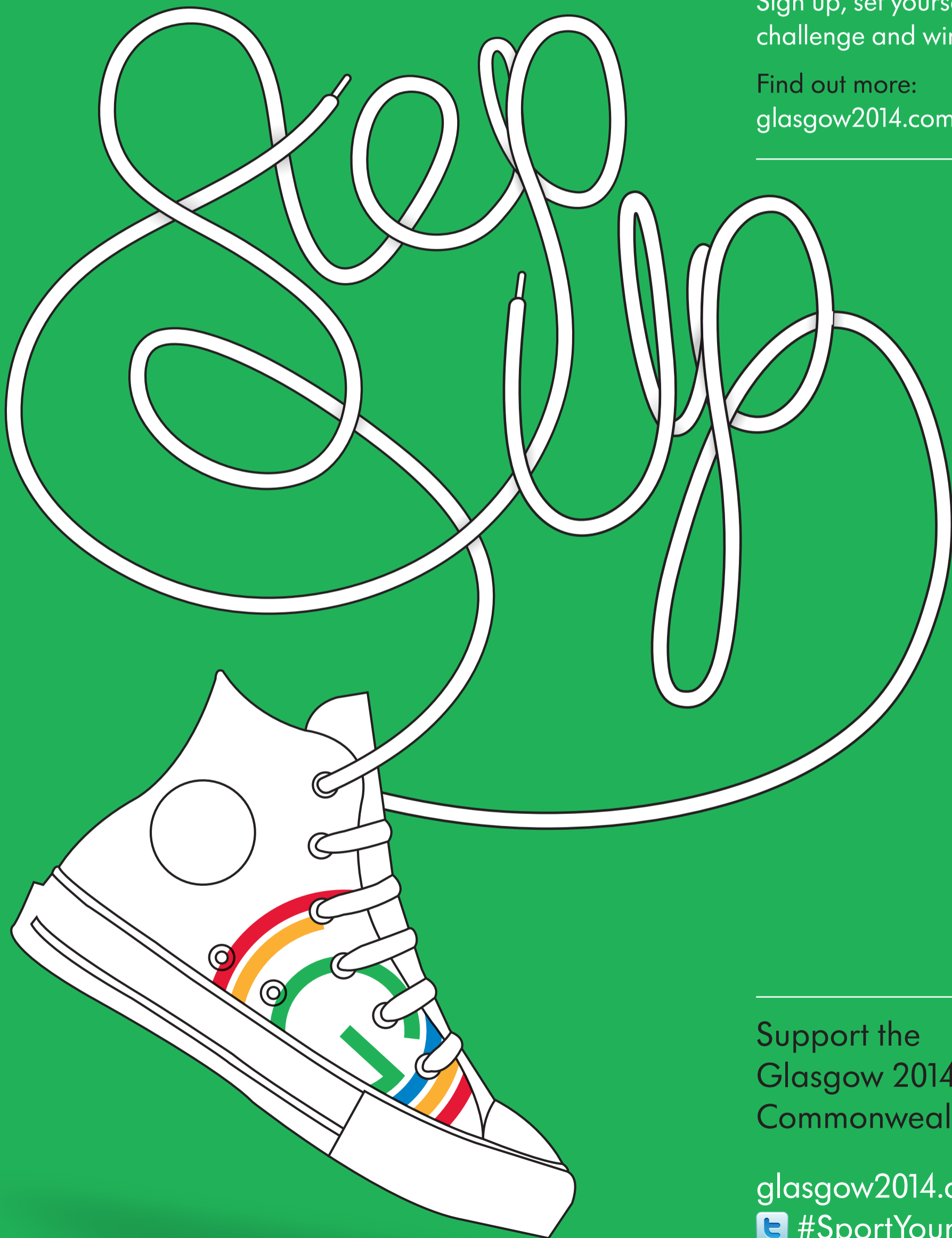
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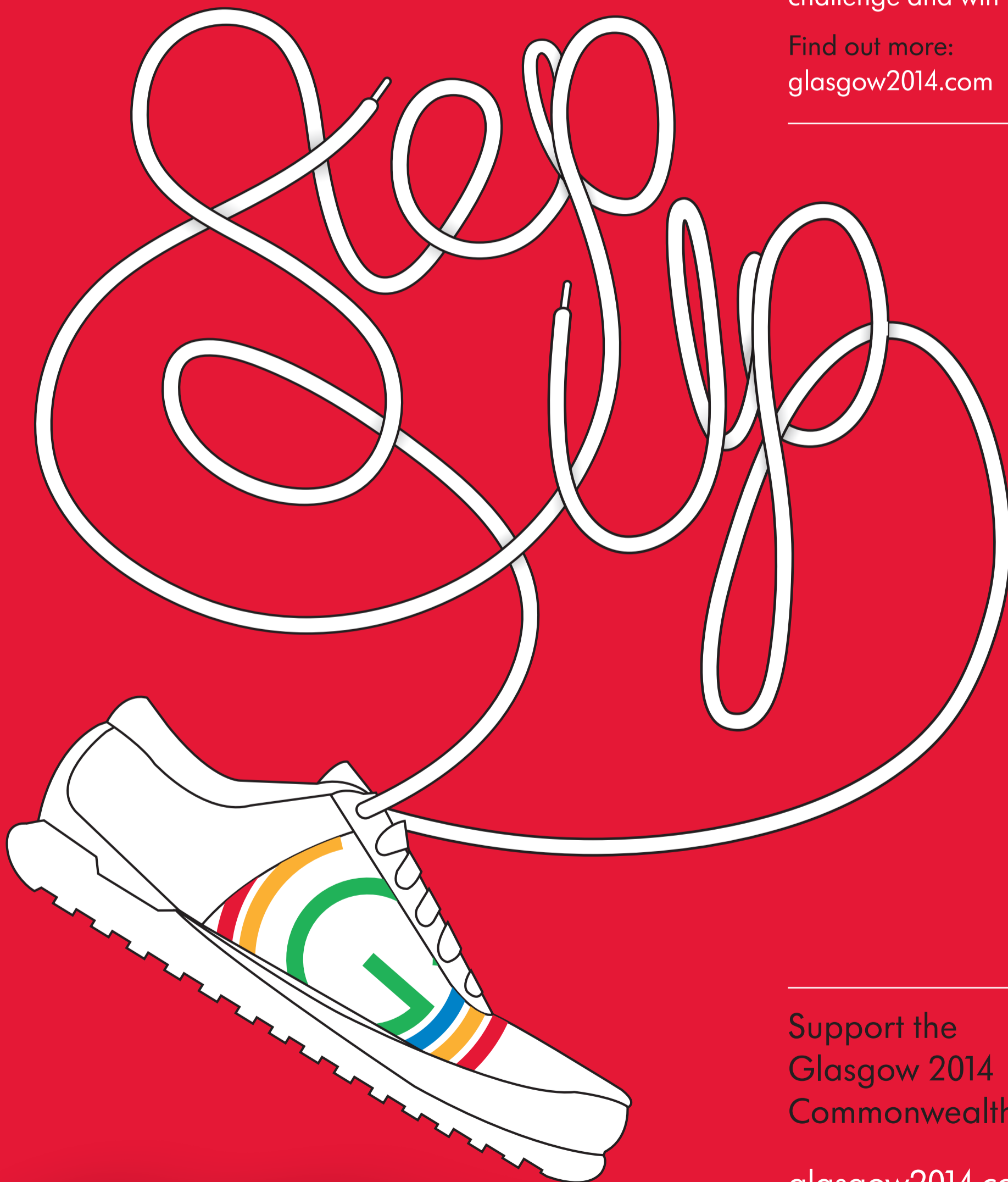
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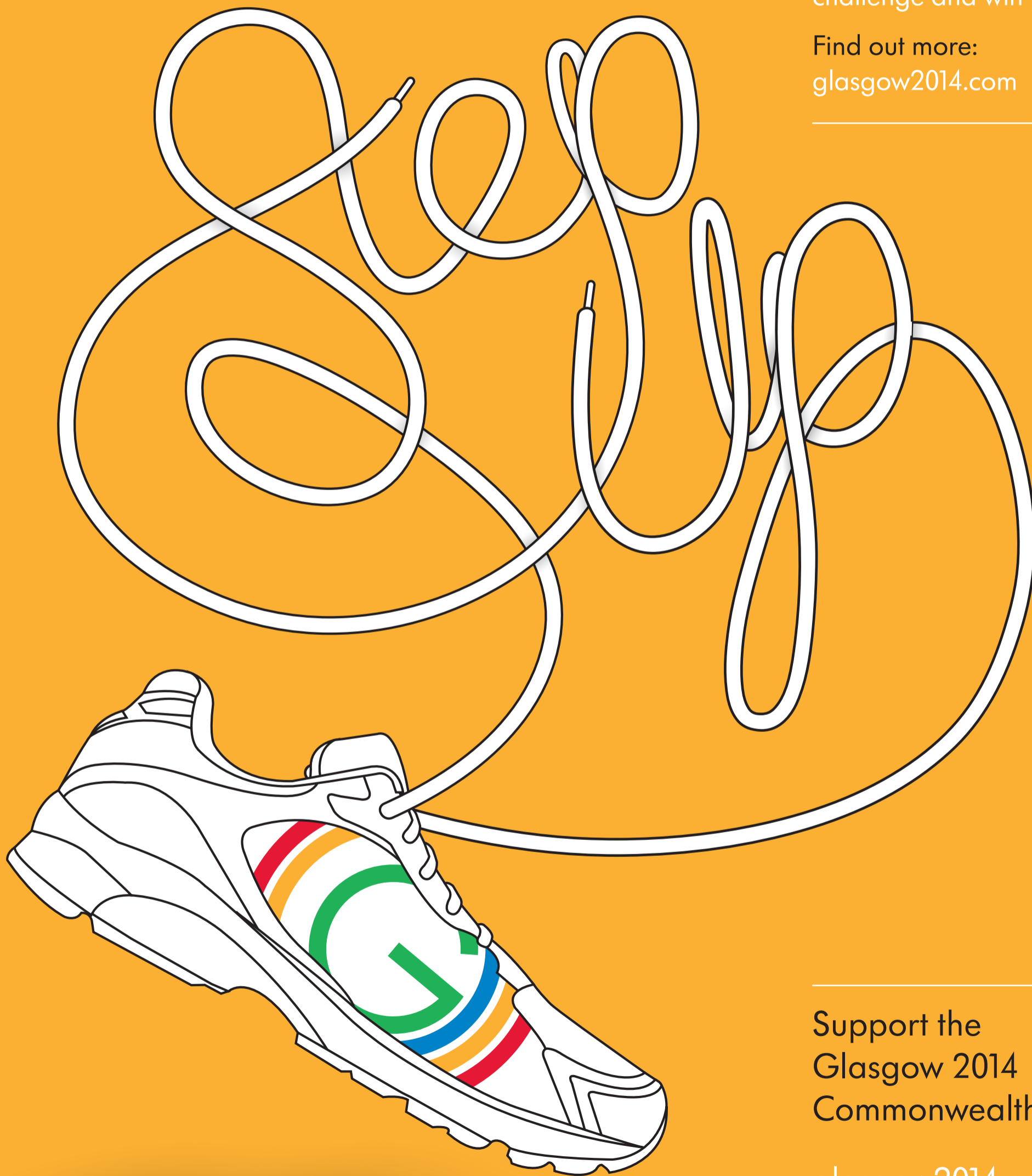
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