

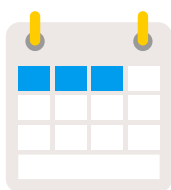
Getting started

Simple steps to get your challenge going.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your challenge

Plan ahead and decide when you'll tackle your 12 5ks. Spreading them across the month can help you stay on track and finish strong.



Get fundraising

Use the tips and tools in your pack to start raising money.



Team up

Encourage your friends to take part with you and motivate each other to smash your goals.

