

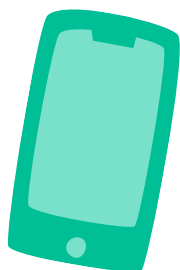
Ready, set, walk!

Simple steps to get your challenge off the ground and give one big F*** YOU to cancer!



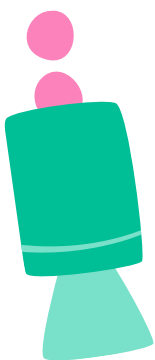
1. Spread the word

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



2. Plan your month

Think about how you'll cover 45 miles across October, whether that's walking one or two miles every day or doing longer walks at the weekend.



3. Get fundraising

Use the tips and tools in this pack to start collecting sponsorship.



4. Track your miles

Show your supporters your progress by connecting your online Giving Page to **Strava**. If you don't have Strava, you can still post your mile count on your online Giving Page so your supporters know you're walking to help beat bowel cancer.