

Ready, set, cycle!

Simple steps to get your challenge in motion.



Spread the word

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



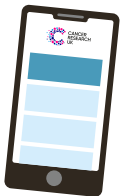
Plan your month

Think about how you'll cover the 300 miles in July. Whether that's across the month, over the weekend, on an indoor bike or in the great outdoors.



Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



Track your miles

Show your supporters your progress by connecting your online Giving Page to Strava. Visit [our website](#) to find out how. If you don't have Strava, you can still post your mile count on your online Giving Page to encourage donations.

