

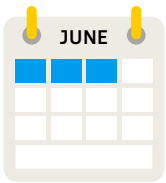
# Ready, set, walk!

Simple steps to get your challenge moving.



## Spread the word

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



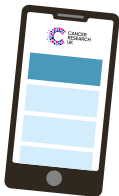
## Plan your month

Think about how you'll cover the 60 miles across June. Whether that's exploring new walking routes or ditching the car whenever possible.



## 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.

