

# Ready, set, walk!

Simple steps to get your challenge off the ground



## 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 62 miles across January. Whether that's exploring new walking routes, giving your dog extra walks or ditching the car whenever possible.



## Get fundraising

Use the tips and tools in your pack to start collecting sponsorship. We're determined to power progress and our life-saving research is made possible thanks to amazing supporters like you.



## 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 to encourage donations.

