ORGANISE YOUR OWN WALKING CHALLENGE

Want to do your own walking challenge and raise funds for Breast Cancer Now?

Whether you’re walking by yourself, or taking those steps with family and friends, doing your own walking challenge is easy!

Here are some tips from Team Now to help you get started...

1. **Set yourself a target distance**
   How far do you want to walk, and over what timeframe? Whether you’re doing a long walk in one day, or trying to achieve a number of steps over a month, set yourself a target you feel proud of.

2. **Choose a location**
   The best part about organising your own walking challenge is that you can pick anywhere you like. Maybe it’s somewhere sentimental or known for its beauty, or maybe it’s just a nice walk somewhere near you. Whatever you go for, we’re right here to help you organise it all.

3. **Set yourself a fundraising goal**
   Create a JustGiving page and set a target for how much you’d like to raise. Top tip: by sharing your story on your page, and saying why you’re passionate about fundraising for Breast Cancer Now, you can inspire people to sponsor you!
Decide how to track your distance
You can use apps like Strava to track how many steps you take or how far you walk using your phone. This will help you to stay focused on your goal, tracking your progress as you go.

Ask us for a Breast Cancer Now t-shirt
We can’t thank you enough for taking on your own walking challenge and fundraising for Breast Cancer Now. We’d be more than happy to send you a Breast Cancer Now t-shirt to wear with pride as your walk. Just email community@breastcancernow.org to request one.

Share your walking challenge on social media
Make sure you share your story and JustGiving page on social media pages like Facebook, so all your family and friends can follow your walking challenge and sponsor you as you walk! You can share updates and photos throughout your challenge, and share screenshots from your phone to show how far you’ve walked so far. This will help to boost your fundraising!

Setting up your own sponsored walk is very easy to do, just decide what you’re going to do, where and who with and then choose a date to do it! Myself and two friends completed a 42-mile hike across the North Yorkshire Moors and I raised £1,130. It’s a really rewarding experience and I highly recommend it to anyone. We’re already planning our next event!

Charlie

We are so proud to have you as part of Team Now, and can’t wait to hear how your walking challenge goes. If you have any questions, email us at community@breastcancernow.org or phone on 020 7025 2402.