



WELCOME!

Thank you for taking part in our 50 miles in 30 days challenge!

The challenge officially starts on Saturday 2nd January 2020. Walk a mile at a time, or five or even 10 miles.... it's entirely up to you. The aim is simply to have fun, get fit and support our partner school Spurgeons Academy in Kenya.

We hope to raise awareness of Global Care and our work supporting vulnerable children, and if you are a social media user you can be a big part of that, by sharing your walking achievements, tagging @GlobalCareUK and using the hashtag #50miles30days. So put on your beanie, start walking and don't forget to take photos! If you're not a fan of social media you can still join in the fun, just a bit more privately!

You can walk every day, just at weekends, or anything in between, to suit yourself. Just keep track of how far you've gone with a basic walking app, (for example Strava, onthegomap or any fitness app) and aim to complete 50 miles by the end of January. We'll sometimes ask you for updates, so we can keep track of how far we have walked as a group, so please send any updates through to events@globalcare.org

We're also planning to throw in a few little challenges for people wearing their beanies, with prizes along the way. We'll be in touch in January as we go along to let you know what's up next, and hopefully we'll all have fun as well as get fitter! We've enclosed a business card in this pack to remind you of the hashtags to use on social media, so you can post your photos, count your miles, tag Global Care and share the joy of walking!

If you want to help us raise even more money by making this a sponsored walking challenge, it would be very welcome! Please use [VirginMoneyGiving](#) or ask us for a traditional sponsorship form, if you wish to do so.

All profits from the activity will go to Spurgeons Academy, where we need to build some new temporary classrooms to enable the children to return to school in a socially distant and safe way. So you'll be improving educational opportunities for vulnerable children too – it's a win all round! Thank you once again for your support.

Yours sincerely,

A handwritten signature in black ink that reads 'A White'.

Anita White
Communications & Fundraising Officer