

GO THE DISTANCE

What is Go The Distance?

Go The Distance is an exciting new challenge for 2020. Could you walk, run or cycle 20 miles between January and March, 2020: in your own time, at your own pace. You decide when you're going to take on the 20 miles - all in one go, over a month or throughout the entire three months. And you decide how you're going to do it - at a leisurely stroll, with a power walk, with a jog or a sprint, or by pedal power. *Go The distance* puts you in control of your personal challenge.

Why take on the *Go The Distance* challenge?

Toilet poverty is a matter of life or death. When Bishwo's mum became seriously ill, Bishwo walked 20 miles through the night, to carry her to hospital. Doctors told him that she would have died if they'd arrived two hours later. You can watch Bishwo's story here: <https://vimeo.com/380225443>

How does it work?

- Sign up here for free.
- You'll be emailed a *Go The Distance* supporter pack which includes *Go The Distance* guidelines, distance tracker and sweepstake poster.
- Set up an online giving page with Virgin Money Giving. You can search for Toilet Twinning at: uk.virginmoneygiving.com
- Ask friends and family to support you
- Start your challenge! Share your progress on social media. Tell friends and family how you're doing - and hopefully they'll encourage you to keep going, and you'll encourage them to start their own challenge.
- Set yourself a fundraising target. If you raise £240 we'll send you a Toilet Twinning mug; if you raise £480 we'll send you a Toilet Twinning sports top as well!

Do I have to complete the 20 miles in one go?

Absolutely not! You choose how you would like to complete the 20 miles, by completing short daily distances or doing a longer distance at the weekend. You have until 31 March, 2020, to complete the challenge.

But don't forget you can make the challenge as easy or hard as you like. For instance, if 20 miles seems too easy (!), why don't you follow in Bishwo's footsteps and make the return journey too. That way, your challenge could be to complete 40 miles across a month, or three months.

What could I do to reach the 20-mile target?

You can complete your 20-miles however you like: a walk with the dog or a cycle through a park. Just make sure you track your distance (hence the helpful distance tracker poster!).

- 20 days of walking the dog for a mile a day
- 10 days of running two miles a day
- A coffee shop crawl
- A 10-mile walk to a pub or coffee shop, and then 10 miles back
- A 20-mile weekend: 10 miles on the Saturday and 10 miles on the Sunday
- A month of weekends: five miles each weekend
- A 20-mile cycle ride to a pub or coffee shop, and then 20 miles return

Could *Go The Distance* be a team challenge?

Why not! If you'd like to get together with family, or a group of friends, or work colleagues, *Go The Distance* could become a special one-day event to complete 20 miles by walking, running or cycling.

Or, if you do this with one other friend, your mum or dad, or your partner, why don't you add together your personal goals and go for a 40-mile challenge as a duo?

Top tip: This might be a particularly good way to create a more challenging option for keen cyclists.

If you're thinking of a team event with multiple members, each person could bring their 20-mile personal goal to the party, and with a cumulative total, you soon have a one-day, one-week, month-long or three-month challenge to really get your teeth into!

| | |
|----------------------------|-----------------|
| Two-person challenge | 40-mile target |
| Group of three | 60-mile target |
| Group of four | 80-mile target |
| Group of five | 100-mile target |
| Group of ten | 200-mile target |

How high can you go?!



How do I pay in my funds once I've finished?

If you set up an online fundraising page with Virgin Money Giving, donations will come directly to us.

With any other fundraising mechanism, you can bank the cash raised, and then make a BACS transfer to us online (please include your name as a reference). It's really helpful if you can email sporty@toilettrinning.org to let us know it's on its way.

Account name Toilet Twinning
Bank Barclays
Account 53798860
Sort code 20-00-00

Alternatively, you can send a cheque (payable to Toilet Twinning) to:

Toilet Twinning
1052-1054 Christchurch Road
Bournemouth
Dorset
BH7 6DS

If some of my sponsors give £60, do they get a Toilet Twin?

Please do let us know if you would like all or part of your donation converted to Toilet Twinning certificates.

| | |
|---------------------|------------------------------|
| £60 raised | 1 Toilet Twin |
| £100 raised | 1 Toilet Twin & £40 donation |
| £120 raised | 2 Toilet Twins |
| £200 raised | 3 Toilet Twins |
| £500 raised | 8 Toilet Twins |
| £750 raised | 12 Toilet Twins |
| £1,000 raised | 16 Toilet Twins |

Will my fundraising rewards be sent to me?

If you let us know you've raised your donation through a *Go The Distance* challenge, we will send you a limited edition Toilet Twinning mug if you raise £240 or more.

If you reach or exceed £480, let us know your T-shirt size and you'll receive a mug AND a Toilet Twinning running top.

