

GO THE DISTANCE

**Walk, run or cycle 20 miles:
at your own pace, in
your own time**

Toilet poverty is a matter of life and 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.



**Sign up today to go the distance
for families like Bishwo's**

toilettwinning.org/go-the-distance-2023



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Could you take on our *Go The Distance* challenge to walk, run or cycle 20 miles to help end disease and despair for families living in some of the remotest places on earth? Complete your challenge in your own time, at your own pace...

Step 1

Decide whether you'll complete your challenge all in one go, or spread across a week or a month, and then set up an online giving page where friends and family can sponsor you and see updates about your training:

- **JustGiving** – go to [justgiving.com/toilet-twinning](https://www.justgiving.com/toilet-twinning)

Step 2

On our website, you'll find:

- *Go the distance* kit
- Progress Tracker
- Sponsorship form

Step 3

Tell your friends and family about your sporty venture on social media:

- Facebook: [/toilettwinning](https://www.facebook.com/toilettwinning)
- Twitter: [@toilettwinning](https://twitter.com/toilettwinning)
- Instagram: [toilet_twinning](https://www.instagram.com/toilet_twinning)



'Raising enough funds for four toilet block twins kept us going to the finish line.'

Jude

Email info@toilettwinning.org
or call **0300 321 3217** for more info

