

Ben's 24 hour static cycle

Ben streamed himself cycling for 24hrs via social media to raise over £400 towards his challenge!

Getting ready for the event

- I prepared by cycling around my home city of Plymouth in the 2/3 weeks before the challenge, particularly up hills!
- The challenge was hard, if you aren't a regular cyclist I would recommend finding other ways to encourage people to donate like cycling 1000 miles over a month.
- I raised money through a Facebook fundraiser, so you need to set that up before starting.

What you'll need

- Stationary bike
- A device to record/make a live video
- Water bottle
- A towel/pillow to sit on (after 6hrs on a bike saddle you'll see why!)
- Friends/family to keep you supplied with water and hot food





Post event

I went straight to sleep at 9am in the morning and then woke up at lunchtime so my sleep cycle wasn't too messed up! Closed the fundraiser the next day and celebrated!

Top tips

- Train! A lot. I didn't train as much as perhaps I should have in the build up to the event and maybe this is partly why I found it as hard as I did.
- Take a break every hour for 5 minutes or so – it would be unsafe to go 24hrs without stopping. Take the chance to write an update on the fundraising page and down some water.
- Make sure you have access to Netflix!

Raising money

- Setting up a Facebook fundraiser is simple. Head to your home page and on the left hand side is a menu of options including Groups and Pages. Click on the yellow icon with a pink heart that says Fundraisers.
- Make sure you select the option where the money raised in the Facebook fundraiser is added to your personal bank account so you can then add it to your JustGiving page total.
- Fill in the next boxes appropriately and set the last day to donate as the day after you have completed the challenge. This gives people the chance to donate after the event to say well done too!
- Be clear on the fundraiser description why you are raising money and how those donating are helping to defeat meningitis by 2030.
- Once the fundraiser is live, share it with friends and family and encourage people to share it on their own profiles.