

Cat's 100 Miles in a Month Guide

Cat walked/ran/cycled 100 miles throughout February which is the equivalent of travelling from Bristol to Southampton.

Getting ready for the event

- Consider what sport or event you like doing. The challenge will work best if you are doing something you enjoy.
- Think of where you want to complete your event, will it be in the gym? Or outside alone or with friends?
- Consider where you would like to promote your fundraising event. Use your social media accounts that you are most active on and have the most traffic.
- Consider the timing. If you organise it on the same day as a large scale event such as the London Marathon, it will detract from yours. My event was spread over 28 days, I made sure this coincided with a trip abroad as I knew this would be interesting for the people supporting me.



What you'll need

- Comfortable clothes to complete your challenge in
- Your mobile phone for photos and updates

Important bits

Always ask permission if you are taking photos that have other people in, particularly if you don't know them. Places such as gyms often have rules about this. Always travel in safe, well lit areas and make sure that someone knows where you will be. Always carry your phone with you.

I aimed to travel by walking, running or spin class to cover 100 miles from 1st to 28th February. I actually travelled 135 miles in those 28 days and raised £560 for MRF!

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On the day

- Start your event with a photo or video stating what you will be doing, who you are raising money for and how people can donate.
- People like to see your progress, so make sure you regularly add updates to the fundraising page.
- Thank people individually. It makes them feel appreciated and will keep them interested in your progress.
- Make sure you track any distances needed on an app such as Strava and take screenshots of your progress.
- Be honest. If things didn't go to plan then say. On a couple of days I couldn't complete the mile that I wanted to due to a red storm warning.
- People want to see honesty and determination. Push yourself as much as you comfortably can. People do not want to see yourself poorly by completing the event. Do it in a healthy and comfortable way.

Top tips

- Keep the event interesting, mix up the places you go, take lots of pictures, send regular updates and make sure people feel invested in your efforts.
- Never underestimate the power of a fluffy friend or mascot. I made sure my two dogs were involved in the updates and they did a lot of the walking with me.
- Make sure to add info about MRF on your page - when people hear what we do, how we do it and who we do it for, they are always blown away by this.



Post event

- Post a final update with pictures, the final amount raised and a big thank you to everyone who supported you
- Send the money in to the charity