

# Easy challenge event upgrades

Take your challenge event to the next level and stand out from the crowd to raise crucial funds for MRF!



Take on a running challenge like no other. Ask people to request a name to be depicted in the roads of your local area when they donate. Grab Strava on your phone and run a route to spell out the word. You could ask for up to £5 per letter!



Get your friends, family or team involved by breaking up a distance and hosting a relay race. You could do this in person or hand a "baton" on virtual by posting a photo on social media to raise awareness of your fundraising feat.



Travel the same metres as the height of mountain your planning to climb. This is excellent training whilst also a fun way to raise money. You could run, walk, cycle or swim the distance.



Dressing up is a great way to catch people's attention as you run, walk, swim, cycle your route. You could theme this in purple for MRF or dress up as something different each time you go out! Make sure to share the feat on local Facebook pages so people can wave as you go past and, more importantly, donate to your page.



Set up a sweep stake on how quickly you can travel a certain distance, encouraging people to bet on times.



Other ways to travel a distance include:

- Space hopping
- Pogo stick
- Rollerskating
- Skate boarding
- Boat or car

