



# VIRTUAL THREE PEAKS CHALLENGE FUNDRAISING PACK

Thank you for registering to take part in the Scannappeal Virtual Three Peaks Challenge. With a combined height of 3,407m Ben Nevis, Scafell Pike and Mount Snowdon are the three mountains which make up the infamous Three Peaks Challenge.

Throughout June we are encouraging you to take up the challenge of walking, jogging or running 55km or 72,180 steps – the equivalent of walking up and down the three peaks.

## What is the challenge?

This is a virtual challenge and is therefore conducted entirely independently and depending on your personal situation you may need to be creative about how to complete. Please abide by the latest Government advice at all times, along with any personal guidance you have been given regarding your own health and any need to isolate. 72,180 steps equates to 2,406 daily steps and so very achievable within the safety of your own home as you going about your normal daily tasks or by completing laps of your garden or kitchen or by climbing stairs.



When the distance is complete it will be the equivalent of you walking up and down each of the three peaks. Our virtual challenge allows you to complete the distance however you want; circuits of your garden, up and down stairs, running or walking (at a safe 2m distance) around nearby parks or fields or by simply recording your daily walk with loved ones and don't forget to involve your four legged friends too!

## How do I track my daily steps?

Most smartphones now come with an inbuilt pedometer, which can be accessed in the 'health' section of your phone. Alternatively you can download a free app such as Strava. Just remember to take you phone with you when you go for a walk or run. Alternatively, work out a route with a set distance and repeat it each day. If you need help planning a route please do get in touch with the fundraising team.



Keep track of how many steps you do in a day, week and eventually the month until you reach the summit!

## How your fundraising will help us

Every step you take will move us one step closer to providing a second MRI scanner for Bucks. We need to reach the summit as quickly as possible, in order to ensure the scanner destined for Stoke Mandeville is purchased, installed and ready for use by the end of this year.



# GREAT FUNDRAISING TIPS



Set a fundraising Goal. If a family of four takes part and raises £220 that would be the equivalent of £1 per km, per person. However much you can raise, really will make a difference – and we need your support now more than ever.

Set up a Just Giving Page (remember to select Scannappeal) or if you prefer to fundraise off line print a copy of our sponsorship form. Spread news by adding a link to your emails, share on social media or if you have an anniversary or birthday coming up why not consider asking for support in lieu of gifts?



Step 3 – Go for it! Enjoy the challenge – you might be surprised by how good it make you feel to be involved in pushing Scannappeal to the summit!



**GOOD LUCK!**