

### **During these changing times, can you raise awareness and vital donations by undertaking a sponsored charity challenge?**

You may want to remember a loved one, get active to complete a personal fitness goal, or simply have fun with the family. Whatever your motivation, with your help we can continue working for better mental health across our city.

You may already have your own ideas for the challenge, but if not, we hope these ideas help you get started. Please get in touch so we can support you each step of the way...



### **Personal Virtual Challenge**

**30 day fitness challenge:** select a new personal fitness challenge to boost your positivity for the New Year. From cycling, swimming, running, dancing or boxing - choose your activity and commit to 30 days. You could even ask friends, family or work colleagues to join you as a team, helping to gather [online donations](#) from across your wider social circle once you have completed the challenge.

**Couch to 5k:** undertake the classic “couch to 5k programme” outside in the safety of your local neighbourhood. For each day or mile you run, ask friends, family and work colleagues to donate to your [online charity page](#), adding their messages of support to help you keep going!

**30 day morning yoga challenge:** focus 15 minutes of your morning and give yourself an extra boost through the day. Find your favourite yoga teacher online (such as “Yoga with Cassandra”) and view free pre-recorded videos, from beginners to advanced - such an easy way to set your intention and stay motivated! Donate £3 for every day that you complete your challenge, or ask loved ones to [sponsor you online](#) throughout the month.

**Virtual cycle to Paris...or anywhere!** Do you have a static bike at home? Go “next level” and pledge to cycle 750km from Manchester to Paris in aid of Manchester Mind, or see just how far across the world you can get. Set up an online donation charity page and post regular thematic updates with photos, showing that “I’ve arrived at...” so that your supporters are with you on the journey, donating to your [online page](#) at each stage or when you arrive at your final destination.

## Organised Virtual Challenges

If you're keen to join hundreds of other people across the nation who're committing to a virtual event this year, we hope these online hubs will offer plenty of inspiration and choice. Click on the links below and enjoy that lightbulb moment when you find the right event for you!

- [Virtual Runner UK](#): for the serious runner to first time fun racer, take a look at the huge range of virtual events to find one that suits you and get ready to kick-start your challenge!
- [Race at your Pace](#): choose your own activity, from running, walking, swimming, cycling - there's something for everyone. You can complete the challenge across a month at your own pace, whenever and wherever you like!
- [Run Things](#): if you fancy an exciting global event, check out "Run Around the World", "Marathon in a Day" or "Run Up to Christmas".
- [Big Fun Run](#): get active with the family, taking on this relaxed and friendly challenge for all ages.

## Local & Regional Events

Find out about these legendary events by visiting the official website and registering your place...

- [Run Heaton Park](#) (Jan-Dec): 5K, 10K and Half Marathon at the stunning Heaton Park
- [Great North West Half Marathon](#) (Feb): flat fast route along the coastal front of Blackpool
- [City of Preston 10K](#) (September): 10K and 1 mile fun race on a flat route
- [Fleetwood 10K](#) (April): perfect for all runners, friendly atmosphere in a beautiful setting
- [Blackpool Festival of Running 10K](#) (April): flat route along the famous promenade
- [Great Manchester Swim](#) (May): 500m, 1 mile or 3 miles across the iconic Salford Quays
- [Blackpool 10 Miler](#) (May): suitable for fast, slow, young, old with a few inclines to build stamina
- [Color Obstacle Rush Manchester 5K](#) (June): less about speed, more about friends and family
- [Tour de Manc](#) (April): ride 50Km, 100Km, 100Mile or 200Km around the Mancunian way!
- [Great North Swim](#) (June): Europe's biggest open water swim, 10,000 participants of all abilities
- [Blackpool Summer 10K](#) (July): lovely flat course around the coastal front!
- [Windmill Half Marathon](#) (August): flat course around Lytham St Annes and Fairhaven Lake
- [Great North Run](#) (Sept): 13 mile route through Newcastle, crossing the stunning Tyne Bridge
- [Great Manchester 10K and Half Marathon \(May\)](#): a spectacular running celebration in the heart of Manchester.
- [Manchester Half Marathon](#) (October): biggest 13.1 mile challenge in the region
- [Manchester Marathon](#) (April): flattest UK marathon route, ideal for beginners
- [Parachute Jump](#) (All year): once in a lifetime experience. Jump in tandem with a qualified instructor...they do the work whilst you enjoy the view!

## Outdoor Adventures

If you prefer a **walking, hiking or cycling adventure** over 1-4 days, you can book a huge range of experiences through an event organisation, who will offer full details of the challenge event, including insurance and health and safety for participants during the pandemic. We hope these ideas are a good starting place to consider...

| Name of Challenge 2022                          | Length | Event Date(s)      |
|---|--------|--------------------|
| <a href="#">Yorkshire 3 Peaks Challenge</a>     | 1 day  | April-October 2023 |
| <a href="#">Lake District 5 Peaks Challenge</a> | 2 days | April/August 2023  |
| <a href="#">London to Paris Bike Ride</a>       | 4 days | July/Sept 2023     |
| <a href="#">Coast to Coast Cycle Challenge</a>  | 4 days | May/August 2023    |

**PLEASE NOTE:** whilst we're unable to cover the costs of your charity event (please select "self-funded" registration) we'll provide a high-quality charity t-shirt or running vest and offer support and encouragement at each stage of the journey!

## CONTACT US

If you're keen to undertake a charity challenge in aid of Manchester Mind, or if you've already signed up to an exciting event, please let us know your plans and we'll be there for you throughout the experience...



[fundraising@manchestermind.org](mailto:fundraising@manchestermind.org)  
0161 7695732

**Thank you for your kind support during these changing times**  
**We look forward to hear from you, stay well and safe**