

# 100 miles in March!

Walk, jog or run



## Welcome to #TeamMind!

Thank you for taking on 100 miles in March for Mind. The 100 miles in March challenge has the largest mileage goal of any of our challenges. If you love to chase the biggest and boldest challenges – this one's for you! By taking on this challenge, you're standing with us on the frontline of the fight for mental health. We couldn't be happier to have you by our side.

There are currently more than 2 million people on waiting lists for mental health support. The money you raise will go towards running our vital services, like our Infoline and online community, Side by Side, so we can be there for even more people who need us.

Know that you're going the extra mile for mental health with every step you take!

### The perks

Enclosed you'll find your Mind t-shirt and mile tracker. We'll email digital progress medals during your challenge so you can keep friends and family updated on your incredible progress. You'll also be in with the chance of winning one of our many prizes up for grabs. And if you fundraise £150 or more and you'll receive an exclusive 100 miles in March medal!

We can't wait to get to know you better in the Facebook group, and cheer you on throughout your challenge. You're such an important part of our wonderful community who is going the extra mile for mental health.

**Remember – together, we're unstoppable.**

Best wishes,

*Anita and Tarryn*



## Your challenge checklist

- Join the [Facebook group](#)**  
Guaranteed fun, motivation and support.
- Let people know!**  
Snap a selfie in your new Mind t-shirt, or scan the QR code overleaf to access our digital resources to help spread the word.
- Get your first donation**  
Making a small donation to your own fundraising page is a proven way to kickstart your fundraising. Just £5 could cover the cost of your t-shirt and let people know you're serious about the challenge.
- Lace up your trainers and conquer the miles**  
Use the tracker to watch your miles add up and up.
- Keep friends and family up to date with your progress**
- Raise £150 to receive your 100 miles finisher medal**