



**Join our Team Challenge:
4 Marathons in 4 weeks**

Activity Pack



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The Challenge

Join our team at **Age UK Barnet** to collectively run the equivalent of **4 Marathons in 4 weeks** this **September 2020**.

The beauty of this challenge is that it doesn't matter if you have never run before or are already an experienced runner - you can still get involved and every mile you run will count towards our final goal of **104.8 miles**.

Whether you run 2 miles, 5 miles or 20 miles per week, this challenge is a great way to stay motivated and keep up your daily exercise. Every penny that you raise will help improve the wellbeing of older people in Barnet.

We will be using the running app **Strava** to track our miles, so all you need to do is download the app and start tracking your activity on your phone.

We also have some Age UK Barnet T-shirts for team members so if you would like one then please [Email](#) us to arrange collection.

Why are we doing this?

Age UK Barnet provides high quality services to support older people in the London Borough of Barnet. We are an independent charity, reliant on our own funding and so donations are critical in helping support the most vulnerable.

The past few months have been tough for everyone, but the coronavirus has hit our older generation the hardest. Many of whom have not left their homes in months and are feeling more isolated than ever. Although all of our staff and volunteers have been working incredibly hard during these difficult times, the demand for our services has never been higher.

Every mile that you contribute and all money raised will be helping to carry out essential services and activities to help support older adults in Barnet.

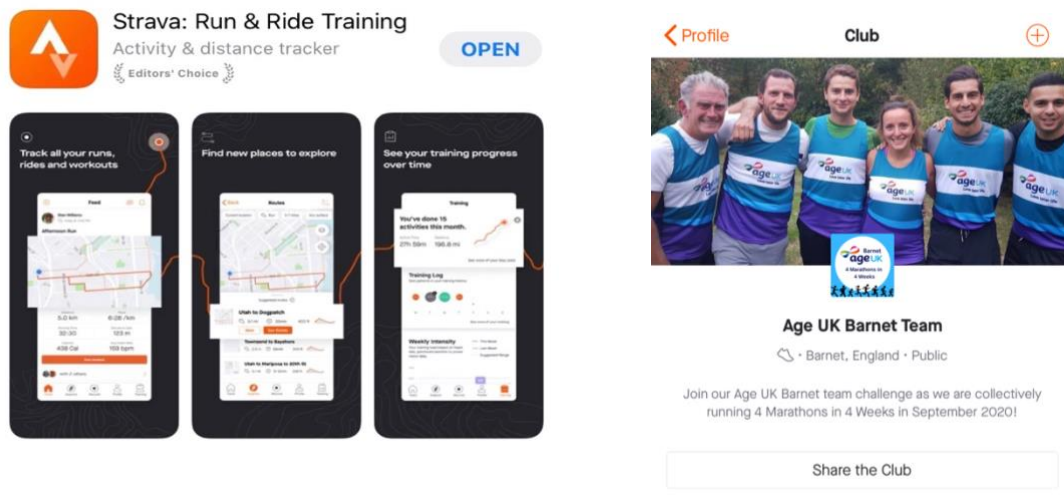
How to Take Part:

Thank you for already expressing your interest and joining the Age UK Barnet team!

STEP 1

The first thing you need to do is download the fitness app Strava and [click here](#) to join our club!

Or you can find it on the app by searching: **Explore → Clubs → Age UK Barnet Team → Join Club**



Here you will be able to track your miles, see a leaderboard of the team's runs throughout the week and motivate one another to reach our target!

STEP 2

Share our event fundraising page found [here](#), with your friends, family and co-workers and encourage them to donate to help raise money to support older people in Barnet.

STEP 3

On the first day of September we will start running our miles and the group will automatically update. Don't forget to record your runs on the app Strava and tag us in your social media posts!

Benefits of Running



BOOSTS MENTAL
HEALTH



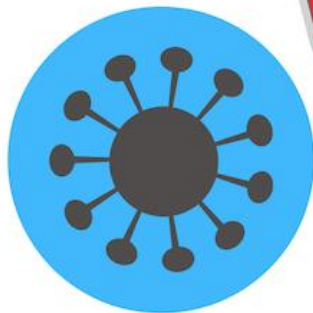
WEIGHT LOSS



HEALTHY HEART



STRENGTHENS
LUNGS



STRONG IMMUNE
SYSTEM



STRONG MUSCLES
AND JOINTS



FAQS

Is there a registration fee?

No, taking part in this challenge is free! All we ask is that you use some of the energy that you gain from running to raise as much money as you can to help support older adults in Barnet.

Is this challenge just for running?

Yes, at the moment this is just a group running challenge, however you do not need to be an experienced runner to take part!

Do I need to train for this challenge?

This is completely up to you and your goals!

If you are new to running you may want to do some training before September. The app **Couch to 5K** is a great running plan for absolute beginners. If you are more experienced runner you may want to set yourself a bigger target for the month and work towards your goal at your own pace.


Do I need a Strava account to take part?

Yes, for this challenge we do encourage all team members to use the app to track our collective miles and join our team club.

But if you cannot download the app, but would still love to take part, please contact us.

Can I create my own fundraising page?

Of course! All you need to do is go to our event fundraising [page](#) and click **start fundraising** to create your own individual page.

	<p>Age UK Barnet</p> <h2>Team Age UK Barnet: 4 Marathons in 4 Weeks</h2> <p>Join our team at Age UK Barnet to collectively run the equivalent of 4 Marathons in 4 weeks this September 2020. Charity Registration No. 1080458</p>	<p>Be a fundraiser</p> <p>Create your own fundraising page and help support this cause.</p> <p>Start fundraising</p>
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You can also link your Strava account to your individual fundraising page where all of your runs will automatically be uploaded.

See [here](#) for full instructions for how to do this.

How do I record my activity in the app?

If you are new to Strava then do not worry as it is very easy to start tracking your activity.

Simply click on the **record** button at the bottom of the screen, select your **activity** (eg: run) and click **Start**.

The GPS on your phone will record the data from there and once you have finished with your run it will be uploaded.

What if I need to add my activity manually?

Don't worry if you forget to record your run or just want to record an activity on Strava without a GPS device you can create a **manual upload**.

Simply input all of the information manually, including distance and time

To do this on the app:

1. Click on the (+) button in the top left corner of the page
2. Click on "**Manual Activity**" and select "**Run**" as your activity type. Enter the number of miles and click "**Save Activity**".

The run will then automatically update in the Age UK Barnet Team

Got any more questions?

If you have any extra questions, then please get in touch with us and we will be happy to help!

Feel free to ask on any of our social media accounts or email Karen.Williamson@ageukbarnet.org.uk

Follow us!



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Facebook: [Age UK Barnet](https://www.facebook.com/ageukbarnet)



Twitter: [@ageukbarnet](https://twitter.com/ageukbarnet)

Don't forget to tag us if you share this challenge on your socials!