

THE 104 Challenge

Run, Walk or Cycle 104 miles during June

To raise vital funds and awareness for The Haven



@TheHavenWton



Why 104 miles?

So you're ready for a challenge this June, you have your bike, or your legs ready and raring to go, but you might be wondering, why 104 miles?

'104' holds a powerful meaning - tragically 2 women are killed at the hands of a current or former partner in the UK every. single. week. **That's 104 women every year.**

Sadly, this figure is increasing and more women needlessly lose their lives at the hands of people they know and trust.

We need your support ***now more than ever*** to raise vital awareness and funds to ensure our services can continue to reach out to those in need.

It doesn't matter whether you bike it, run it, or walk it - whether you do it alone or challenge your friends, work colleagues or family to join you.

It's your challenge, your way!



How will you do yours?

This challenge can be whatever you make it - whether you want to go solo, take it on as a family or even **hire our static bike** for your workplace and get your colleagues to join in; the possibilities are endless. Here are a few ideas to help you get you started...

Going Solo

The lighter nights are here and the weather is warming up, so why not head on out for a stroll, jog or cycle this June and see if you can reach the 104 miles during the month. Alternatively, it doesn't matter if you clock up your miles whilst at your gym class, out on a dog walk or on your cycle to work - it all counts.

Workplace Challenge

There are so many ways as a business you and your colleagues can get involved. With many people returning back to the workplace, why not hire our static bike and take on the challenge with colleagues? It's a great team building exercise and creates some healthy competition. Still home working? That's no problem, you can still take part remotely and achieve the miles as team or add a competitive edge and see who reaches the 104 miles first!

Relay Challenge

Get friends, family or work colleagues involved and take it in turns to pass the baton (we will let you improvise with the baton). As a team of four, it would mean 26 miles per person, per week. Why not have a weekly team get together and 'pass the baton' over a cuppa. It's a great chance to catch up and congratulate that person for completing their part of the challenge before you take on your leg of the 104 journey.

All Together Now

If the last two years have taught us anything, it is how important our communities are. Why not involve your local community? Do you have a local Facebook group? Local community group? Neighbours in your street? You could clock up the 104 miles together and have a 104 party to celebrate your success at the end of the challenge.



How do I get involved?

Decided how you would like to take on your **104 Challenge**?! GREAT! Then it's time to get your fundraising page set up. Here is some guidance to help you.

Setting up your fundraising page

Firstly, decide if it is a page just for you or if you are taking on the challenge as team. **Going solo?** Set up your page under your name. **Taking on a Team Challenge?** Then you might want to call the page a team name, as an example, we might use 'Team Haven'.

To set up your fundraising page:

- **CLICK HERE** and this will take you to **Just Giving**.
- Click the orange **'Start Fundraising'** button on your right. It will prompt you to sign in. If you have an account sign in and away you go. If you don't, no problem click the **'Sign Up'** button, it only takes a few minutes. It will guide you through the steps to set your page up in no time.

Once your page is created don't forget to share the link with friends, family the world!

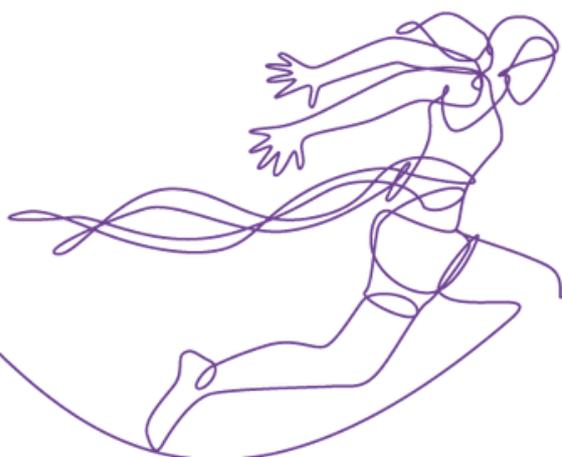
Don't forget to tag us in your social media post's **@TheHavenWton** so we can cheer you on!

Want to hire our static bike?

If you want to hire our static bike for a work place challenge then all you need to do is email us at **give@havenrefuge.org.uk** to arrange the dates.

Tracking your miles

If you don't have **Fitbit** or smart watch that tracks your exercise, then here is a list of free apps (and their websites) that you can download to your phone to track your miles.



Strava - www.strava.com
My Fitness Pal - www.myfitnesspal.com
Map My Walk - www.mapmywalk.com
GoogleFit - www.google.com/fit/