



Welcome to #TeamMind!

Thank you for taking on 100 miles this March for Mind.

The 100 miles in March challenge has the biggest mileage goal of all our challenges – so if you love to take on something bold and push yourself further, this one's for you. Whether you walk, jog, run, or wheel, you'll be stepping up for better mental health for everyone and helping us change lives with every mile.

Right now, more than 2 million people are waiting for mental health support. The money you raise will help keep our vital services running, including our Infoline and online community, Side by Side, so we can be there for even more people when they need us most.

This March, let's go the distance for mental health.

The perks

Inside your pack, you'll find your Mind t-shirt and mile tracker (overleaf) to help you stay motivated, track your distances and celebrate your progress. Throughout the challenge, we'll be sending digital progress medals (keep an eye on your emails) so you can share your achievements with friends and family.

Raise £150 or more to receive an exclusive 100 miles in March medal – a great keepsake to mark your achievement and the difference you've made.

We can't wait to get to know you better in the Facebook group and cheer you on every step of the way. You're such an important part of our wonderful community – people who go the extra mile and help make real change happen.

Remember – together, we're unstoppable.

Take care and good luck,

*Charlie, Anita & Lucia
at Team Mind*



Your challenge checklist

-  **Join the Facebook group**
Expect fun, motivation, and plenty of support.
-  **Spread the word**
Take a selfie in your new Mind t-shirt and show your family and friends what you're up to.
-  **Kickstart your fundraising £££**
Make the first donation to your own page. Just £5 could help cover the cost of your t-shirt and show everyone you're serious about the challenge.
-  **Get moving!**
Use your tracker to watch your progress.
-  **Click the link code overleaf**
Get your digital medals, Facebook cover photo, fundraising tips and much more.

100 miles in March

Track your progress

Walk, jog, run or wheel your way to 100 miles – Change lives. One mile at a time.

Use the tracker to record your distances and celebrate your progress.

