



# Step into September

## YBTC challenge!

### Step Into September

We're asking you to help celebrate our 18<sup>th</sup> Birthday by turning your steps into vital funds for life changing brain tumour research and support in Yorkshire.

Step anyway you like – crawl, walk, an exercise class, do housework, dance, run! Commit to a daily target or set something to hit by the end of the month.

For example, we've used the different stages of the Dales Way to give you an idea of step counts:

Ilkley to Barden - 9.5 miles (15km) - 19,000 steps  
Barden to Grassington – 7 miles (11km) - 14,000 steps  
Grassington to Buckden – 10.5 miles (17km) - 21,000 steps  
Buckden to Gearstones – 12 miles (19.5km) - 24,000 steps  
Gearstones to Sedbergh – 14 miles (23km) - 28,000 steps  
Sedbergh to Burneside – 16 miles (24.5km) - 32,000 steps  
Burneside to Bowness – 9.5 miles (15km) - 19,000 steps

### How Does It Work?

**Sign Up – it's £10 per person to enter or £15 if you want a medal!** Enter as an individual or team. Whether you set your own personal target or have a little team competition – all steps count! We also have a Personal Trainer in our ranks who is happy to set a target for you!!

share your story with us:    @YorkshireBTC

[www.yorksbtc.org.uk](http://www.yorksbtc.org.uk) | Tel: 0113 340 0111 | [info@yorksbtc.org.uk](mailto:info@yorksbtc.org.uk)  
YBTC, 31 Otley Road, Headingley, Leeds, LS6 3AA

Registered Charity No: 1095931





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**Fundraise** – set up a Just Giving page and everyone who raises or donates something (regardless of the amount) and gets it to us by 15th October will be entered into a prize draw to win a hoodie!

**Step** – set your “steps per day” or “steps per month” target, or have our Trainer set you a target, and go! We have created a step tracker for you to keep track of your steps and we will check in every step of the way to give you as much support as possible. If it helps - for this challenge, we are suggesting 10,000 steps a day is the equivalent of 5 miles.

**Share** – you will be sent your own Race Number in a digital format so let people know what you are doing and why – or get them involved! Tag us with #TeamYBTC in your photos.

**Merchandise** - we have even created special offer merchandise packs, which you can buy on our online shop with some top savings!

British Weather Walker £30

Active Stepper £25

All The Gear No Idea £50

**Special Events** – this year we will be hosting online classes to help get those steps in, and a special something on National Fitness Day.

## FAQs

### **I don't have a fitness tracker watch or app, how to I track my steps?**

Believe it or not, not everyone does! There are a lot of free apps that you can download onto your phone, we can help you with these. We have also created an easy to use spreadsheet that

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you can download to keep track of everything. Still no clue? Don't worry, we're taking 5 miles as 10,000 steps – so if you go for a 5 mile walk, this is what you can record.

### **I can't walk far!**

It doesn't matter! All steps count. We are just challenging people to be active and maybe challenge themselves to do a few more steps than usual.

### **Is there a prize for the person who does the most steps?**

This is just a bit of fundraising fun! All participants will receive a certificate on completion of their challenge and if you've paid for a medal, we will send you that too! We will be putting together a table of all the Step Into September challengers and their steps.

### **So I have paid to enter – do I still need to fundraise?**

Whilst this is designed as an Active Event to raise funds for our charity, we do understand that it can be difficult to fundraise in the current climate. This is designed this as a pay-to-enter event, however, we would of course welcome any sponsorship or fundraising from doing this event!

### **I've never used Just Giving before?**

That's ok. We can help you with the setup of your page or provide you with sponsor forms.

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