



INDIVIDUAL CHALLENGE

Introduction

If you want to participate, but do not feel comfortable organizing an event, this is just the challenge for you!

You will decide on a challenging distance for yourself (so not the distance of your weekly park run), and find sponsors to contribute to your challenge and the OM COVID-19 response.

You can choose to run a traditional distance (eg. 10km, 42.2km, 10 miles, etc), or a challenge consisting of several runs. Examples are:
* 24hr challenge (how many km's can you run in 24 hrs)
* 5km's every day for a whole month (or any other distance)
* 4x4x48, check out [this video](#) of a great fundraiser challenge one of our ambassadors did in response to COVID-19



'How to' Checklist

1. **REGISTER** your event on the [R4TW website](#)
We would love to hear from you! Next to that, there are several advantages for your self as well:
→ Get access to our global branding materials
→ Become part of something bigger than yourself
2. **ADVERTISE** your challenge through social media, and find sponsors (fixed amount, or amount per mile or km)

TIP: Make a .jpg-flyer and share it to all your contacts in your messaging apps (Whatsapp, Telegram). Ask your contacts to do the same
3. **EQUIP** your runners to help them find sponsors for their achievement.
The main things they will need are
 - a. a flyer to share what they are doing and why
 - b. a form, to register the sponsorsWe can help you with templates, just let us know

TIP: Runners that are sponsored to receive an amount per kilometer/mile they run, are likely to raise the bar for their challenge, to maximize the result.
4. **RUN!**... and make sure you track your efforts through your favourite runningtracker

TIP: Make short video's or pictures and share these via your social media, especially if you do challenge over a longer period of time And make sure your runners are tracking their run
5. **FINALIZE.** Gather the sponsor money (bank transfer may be most easy) and donate through the [OM COVID-19 RELIEF](#) page