



# 2021 CHALLENGE GUIDE

walk run cycle

FOR mental health



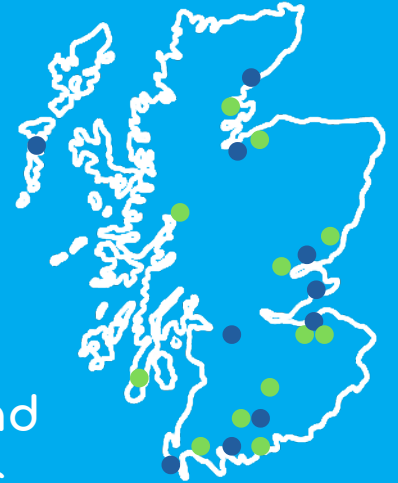
# WELCOME TO OUR 100 STREETS CHALLENGE GUIDE!



We are Support in Mind Scotland, an award-winning national mental health charity.

Back in 2016, we launched our flagship fundraiser, the 100 Streets Challenge.

The idea was simple: walk, run or cycle 100 streets in your community between 1 April and 10 October to raise mental health awareness.



Since then we have seen hundreds of our supporters, near and far, take part in the challenge, often putting their unique spin on things and raising funds along the way to support the vital mental health services we run across Scotland.

To help you make the most of your challenge, we've created this handy guide new for 2021. This should tell you everything you need to know about how to have a fun (and safe!) 100 Streets, as well as including some handy hints and tips.

## SO FAR SO GOOD? THEN LET'S GET STARTED!

# WHAT DO YOU GET?

## TECHNICAL RUNNING TOP

Everyone who donates or raises £10 will be sent a 100 Streets technical running top produced by our sports retail partners at Decathlon.co.uk. Donate before you begin so you can undertake your challenge in style!



## NEW ECO MEDAL FOR 2021

Everyone who takes part will receive one of our bespoke new environmentally-friendly finisher medals.



## SIGNED CERTIFICATE

Signed by Jenny and Scott Hastings, our ambassadors who have hugely supported the challenge since it's inception in 2016 and have faithfully backed it ever since!



# HOW TO TAKE PART

## REGISTER

Registering is free, quick and simple!

Just head to:

[www.100streetschallenge.com](http://www.100streetschallenge.com)

or you can call us on 0131 662 4359.



## CHOOSE THE ROUTE

You can plan your route in advance, or count as you go, whichever you prefer.

If you're a planner, you could use a route planning app to help you: we like [www.plotaroute.com](http://www.plotaroute.com)



## & DIFFICULTY LEVEL



We've had participants do a few streets a day over the 100 days and many choose to complete the challenge in one day. We want everyone to feel comfortable setting a goal that suits your difficulty level.

## SETUP YOUR FUNDRAISING PAGE

Although it's not compulsory to fundraise alongside your challenge, we very much welcome it! All money raised will go towards running our vital mental health services across Scotland.

Your support will make a difference.

You can create your page at:

[www.supportinmindscotland.org.uk/fundraising-pages](http://www.supportinmindscotland.org.uk/fundraising-pages)

We also have a sponsor form at the end of this guide!

## FINISHING!

Once you've completed the challenge, please get in touch and let us know! You can do this by emailing, phoning or tagging us on social media. Any photos, videos, route maps and feedback from your challenge is most welcomed.

We'll then send out your medal and certificate!



@suppinmindscot

#100StreetsChallenge

## ALTERNATIVE CHALLENGE GUIDE

We understand that some people may not be able to take part in the traditional challenge, for example, you may live in a more rural location that would make finding 100 streets rather difficult.

If you feel more comfortable, we welcome participants to complete our distance equivalent challenge.

We have found the distance equivalent of 100 streets tends to be 6-10 miles.

We also welcome virtual challenges using indoor equipment! Youtube has many routes to follow.



# SHARE YOUR CHALLENGE WITH US

We love to see how you're getting on with your challenge, so please be sure to tag us in your posts on social media - @suppinmindscot, and don't forget to use the hashtag #100StreetsChallenge!



## 100 STREETS AWARDS

Every year, at the end of the campaign, we give away a selection of 100 Streets Awards!

Categories include:

-  Best Individual Challenge
-  Best Group
-  Most Creative Route
-  Best Social Media



## 100 STREETS PLAYLIST



If you're doing a solo challenge, we've made this 100 Streets Playlist to keep you motivated! Full of upbeat and catchy songs, give it a try to see if it puts a spring in your step!

[www.supportinmindscotland.org.uk/100-streets-playlist](http://www.supportinmindscotland.org.uk/100-streets-playlist)

# FAQS

## What comprises a 'Street'?

A street is a public road in any city, town or village. If you want to take part virtually or in a rural area, please see our Alternative Challenge Guide on page 4.

## Does it cost to take part?

No, the challenge has always been completely FREE to participate in! However, we very much welcome donations and encourage you to fundraise if you're able to.

## Do I need to train for the Challenge?

The challenge is open and accessible to individuals or groups of all ages and fitness levels. It is not a race, so please do it at a pace you are comfortable with. You could even do it in fancy dress if you wish!

## Do I have to complete 100 Streets in one go?

No, some participants like to challenge themselves to do so, but many complete it over a number of days.

## Do I have to travel the full length of the street?

No, but to 'tick off' a street we suggest you do a minimum distance of 10 metres (33 feet).

## How long is 100 streets?

Typically, we have found that 100 streets ranges between 6 and 10 miles. We want the challenge to be as flexible as possible – so choose the right distance for you.

## How long will it take?

It is NOT a race and people often take breaks in between. Any time-oriented goal you put on is up to you - you may choose not to have one at all! But remember to finish by the end of World Mental Health Day on 10 October!

## How do I get a T Shirt?

Anyone who makes a minimum donation of £10 or raises that in sponsorship will qualify for a 100 Streets Challenge technical running T-shirt, provided by our partners at Decathlon.

## Can I do the 100 Streets as a group?

Yes, so long as it is within the latest public health guidelines and advice during the Covid-19 pandemic.

## Can I do the challenge alone?

Again, it's a yes! Some people find walking, running or cycling alone good for mindfulness.

## Do I get a certificate/medal?

Anyone who registers and successfully completes the challenge will receive a commemorative certificate and medal.

# QUESTIONS? JUST GET IN TOUCH!

 Email: [100streets@supportinmindscotland.org.uk](mailto:100streets@supportinmindscotland.org.uk)

 Call: 0131 662 4359

 Send us a message on Facebook: [m.me/suppinmindscot](https://m.me/suppinmindscot)





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