

100k Your Way!



Inspiration and ideas

Take on the challenge yourself or split the 100K distance between your family, friends or colleagues. Complete it in days, weeks, or just take your time and go at a pace that suits you. It's your choice!

There are so many ways to do it, you could...

Skate it, roller blade it,
scoot it, cycle it,
run it, roll it,
canoe it
or even do it on a horse!

**You don't even have to set a
distance challenge,
just be inspired by 100!**

On the following pages are some ideas
to get you started.



Do something physical

Whether it's running, skipping or cycling that takes your fancy, by getting moving you can make a difference.

- Do 100 star jumps
- Do 100 skips with a rope
- Climb 100 stairs (or 100 flights of stairs if you're feeling brave)
- Run 100m (why not challenge your friends/family to see who can do it the quickest?)
- Do 100 cartwheels
- Do 100 press ups
- Attempt 100 keepy-uppies
- Score 100 football or basketball goals
- Google 'group yoga poses' and try recreating them as a family (upload your photos to social media to inspire your friends – and don't forget to tag us!)
- Climb 100 flights of stairs
- Have a 100-minute dance party. Stream it on your social media and encourage people who tune in to donate!
- 100 minutes of skipping
- Run, skate, scoot, swim, roll, ride or blade 100km
- Juggle for 100 seconds (or 100 minutes!)



Get Creative

If you love to get creative, why not put your skills to good use and come up with your own creative 100K Your Way challenges. You don't have to be an artist, either – just have some fun! If you need some inspiration, give one of these a go.

- Do 100 rows of knitting
- Decorate 100 cupcakes or biscuits (and drop them round to your loved ones)
- Paint or draw 100 postcard-sized pictures (why not post them to your friends?)
- Tie dye 100 t-shirts and sell them
- Text 100 friends to let them know what you love about them (or pick 10 friends and write 10 things you like about them – that definitely makes 100, right?)
- Write and post 100 cards or letters for a more old-fashioned way to let people know you're thinking of them
- Make and sell 100 friendship bracelets



Quiet activities

Maybe you like your own company or are in need of some down-time. Perhaps you find being quiet difficult, and one of these ideas could be a good 100K Your Way challenge for you. Slowing down is important for our mental wellbeing, so you're doing yourself a favour as well as raising money for a good cause!

- Do a sponsored silence for 100 minutes (get the kids involved too!)
- Write 100 short poems
- Plant 100 seeds or bulbs (really take your time and focus on the present moment)
- Read 100 pages of a favourite book, or a book that's completely different to your usual genre
- Grow your beard for 100 days



Share your experience

Let us know what you are doing by sharing your experiences and photos online #100KYourWay or by joining our **100K You Way Facebook group**.

If you need further help, ideas and support get in touch, please call **0300 500 8084**, or email **fundraising@mssociety.org.uk**, we are here help you every step of the way.