



MARATHON IN MAY

26 MILES OVER 31 DAYS

WELCOME PACK

Thank you for registering for Marathon in May!

Here are all the details you need to complete the challenge.

Can I mix and match my activities to cover the distance?

Yes! This is a personal challenge and it's completely up to you how you cover the miles over the month. You could walk, run, cycle or mix things up!

Can I cover the miles with friends or family?

Yes! This challenge is open to all, including families with children, pets, and groups of friends or colleagues who want to complete the challenge together as a team. If you are taking part in a team, you can choose to share the mileage between you and work together, or get competitive and see who can go the furthest!

How do I track my miles?

If you have a smart watch or wearable pedometer, this can be a great way to track your distance when you are out and about. Alternatively, there are lots of apps that are free to download which can track your miles such as [Strava](#), [Pacer](#), [FitBit](#), [GoogleFit](#) or [MapMyWalk](#) / [MapMyRun](#) and many smartphones come with a built-in health app. Strava integrates with our fundraising platform Enthuse, so any activities you add in the Strava app during May will be added to your page.

How do I add up my miles over the month?

You can add your miles to your Enthuse fundraising page - a link to your page can be found in your welcome email. To add your miles, click 'Add an activity' and enter the details. You will see your total miles at the top of your Enthuse page. If you are using Strava, any activities you record during the month of May will automatically be added to your Enthuse page. If you would prefer to track your miles on a printed chart, you can download charts [here on our website](#), including a fun colour-by-mile chart for children, pets and adults!

In support of



Parents And Children Together

www.pactcharity.org



Registered charity no. 285214



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If I am in a group or team, how do we track our miles?

If you registered as part of a team, each team member will have their own fundraising page where they can record their miles. You will also have a team page where you will be able to see everyone's activities and your total combined miles.

Where does my money go?

All the proceeds from your registration fee, and any extra donations, will be used to support PACT's work building and strengthening families.

Do I have to fundraise?

No! You are already helping our work by registering to take part. However, if you would like to further support our work by getting sponsored to complete your Marathon in May challenge, that would be fantastic! Simply share your Enthuse page with friends and family to ask for donations.

Do I need to prove that I have completed the challenge?

No! We will send medals and certificates at the end of the challenge to everyone who has registered (excluding anyone who opted out when they signed up). However, we encourage you to share your successes with us on social media.

Our top tips for completing the challenge

- ⇒ **Get set, go!** – Don't delay, get going as soon as you can on or after 1st May!
- ⇒ **Break down the distance** – Why not aim for one mile a day, or plan in a 7-mile walk, run or cycle ride every weekend in May? Don't forget you can complete the distance as a family or team to make it more manageable.
- ⇒ **Track your miles** – Remember to log your miles as you go, and don't forget to take your phone or pedometer with you when you go out. You can also keep track your miles by filling in one of our [colour charts](#).
- ⇒ **Share your progress** – Let us know how you're doing and share your tips, photos and progress on your Enthuse page or on social media - don't forget to tag us [@PACTcharity](#) using [#MarathonInMay](#) so we can see what you're up to! Also consider joining our [Facebook group](#) community for ideas and motivation.
- ⇒ **Celebrate your success** – Wear your medal with pride!

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HOW YOUR SUPPORT MAKES A DIFFERENCE

What does PACT do?

We are an independent adoption and trauma recovery charity helping hundreds of people each year through outstanding adoption services, specialist therapeutic support and inspirational community projects. Last year we...

- ⇒ placed **78** children with **54** adoptive families.
- ⇒ supported **193** families to access therapy through our adoption support team.
- ⇒ provided online support to **4,334** adopters, special guardians, foster carers, education professionals and social workers through our online Children And Trauma Community Hub (CATCH).
- ⇒ supported **181** women through Alana House, our women's community project.
- ⇒ supported **133** children and **257** families through Bounce Back 4 Kids, our domestic abuse recovery programme.

PACT's adoption services were rated outstanding by Ofsted in all areas in 2014, 2017 and 2023.

All proceeds from Marathon in May will help us to continue to provide these vital services, so thank you for taking part.

How can I raise money for PACT?

You can choose to further support PACT's work by sharing your fundraising page with friends and family and asking them to sponsor you through the challenge. Any additional amount raised in this way would be hugely appreciated.

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How can I support PACT after the challenge is finished?

A great way to support PACT all year round is to become a Friend of PACT by setting up a regular donation. Making a regular donation, big or small, makes a huge difference as it provides us with a reliable source of income, helping us to plan more effectively. Friends of PACT receive a welcome pack and exclusive communications about the impact of their support. To become a Friend of PACT, [use this link](#) and choose how much you would like to give.

What could my donation buy?

To give you an idea of how your donations can support vulnerable children, women and families, here are some examples of what your donation can buy:

- ⇒ **£15** could pay for a woman who has recently moved into independent living to attend an Alana House course to develop confidence and learn about topics such as housing, budgeting and community connections.
- ⇒ **£30** could pay for a peer support session for a family with an adopted child suffering from anxiety, delivered by a trained Adopter Champion.
- ⇒ **£50** could pay for a child who has witnessed or been affected by domestic abuse to attend a Bounce Back 4 Kids play therapy session, to help them manage their feelings and break the cycle of domestic abuse.
- ⇒ **£100** could pay for a family to receive a specialist, trauma-informed therapy session to help an adoptive child build trust and attachment following their difficult early life experiences.

For more information about the challenge or how you can fundraise for us, get in touch with our team at julie.maclean@pactcharity.org.

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