

VIRTUAL EVEREST CHALLENGE



HOW DOES THE CHALLENGE WORK?

- 1) You have 12 weeks to climb Everest and track your elevation. You can complete your 8,848m anyway you want: running, cycling, hiking, climbing or a mix of them all. You can even do it walking up and down the stairs!
- 2) [Create and share your online fundraising page](#), and try to raise as much as you can to support your unit and others.
- 3) Share your journey on social media and tag @SeaCadetsUK
- 4) When finished, email your evidence to virtual@runforcharity.com
- 5) Finally, pop your feet up and wait for your medal to arrive in the post!

HOW DO I TRACK AND SUBMIT MY EVIDENCE?

You can track your challenge through any fitness app, or even keep a written record. We have a [Team Sea Cadets Strava group](#) you can use to track your progress and see how other cadets are doing too.

When you have reached 8,848m you must email all your evidence (by screenshots or photos) to virtual@runforcharity.com within 12 weeks of when you registered. You must include your full name, name of the event and name of the charity.

HOW DOES THE FUNDRAISING WORK?

There is no minimum fundraising amount for this challenge, just try and raise as much as you can! Half of the money you raise will go to your chosen unit, the other half will go towards the Emergency Appeal to help support other cadets and units across the UK recover from financial pressures of Covid-19.

To ensure 50% of the funds you raise go to your chosen unit, please email getinvolved@ms-sc.org and include your full name, your fundraising page link and the name of your chosen unit.

When the challenge is complete and your fundraising is finished we will then be able to distribute half the funds to that unit.

Please note that gift aid will not be included and 50% of the total remaining funds will be sent after any banking charges or platform fees have been deducted.