

## HOW TO ENTER:

There are two levels of entry for this challenge;

**Entry Level 1:** Is for entry into the event and a medal celebrating your achievement.

**£20 per person.**

**Entry Level 2:** Is for entry into the event, a medal celebrating your achievement, and the much revered Extra Mile Challenge Mug.

**£40 per person.**

To enter please click below to be re-directed to our entry section on our Virgin Money Giving site.

**ENTER NOW**

Extra Mile guarantees to pay to the two selected hospices, £20 entry fee for every cyclist, a further amount of £20 matched funding\* from Extra Mile funds for each cyclist and all donations raised by cyclists on the 20:20 Challenge.



Willen Hospice is one of the most loved charities in

Milton Keynes and the surrounding area. They're close to so many people's hearts because of the compassionate, personal end of life care they provide for free, both at their hospice at beautiful Willen Lake and in people's homes.

With 170 staff and over 600 volunteers who enable them to do this vital work, Willen Hospice simply cannot do it without the ongoing support of the community, fundraising and donations.

Registered Charity No. 270194

\*Matched funding for the first 250 places



**FRIDAY 25<sup>TH</sup> - SUNDAY 27<sup>TH</sup> SEPTEMBER**

**FOR THE 20:20 CHALLENGE WE'RE DOING SOMETHING A LITTLE BIT DIFFERENT. THIS YEAR YOUR £20 ENTRY FEE WILL BE MATCHED WITH A £20 DONATION FROM EXTRA MILE CHALLENGES.**

Over what would've been our 3 cycling days in Europe we're challenging; you, your families, and your team-mates to cycle as far as you can for two fantastic local causes: **Willen Hospice in Milton Keynes & St John's Hospice in Moggerhanger, Bedford.**



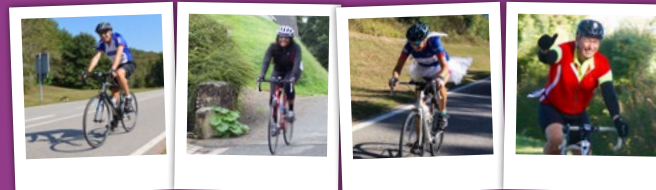
Extra Mile Challenges is a Registered Charity (no.1100243)

## HOW TO TAKE PART:

This year we're challenging you to cycle as far as you can across our traditional 3 EMC days in September, whether it's 20 miles or 200 miles they all count. With each entry, Extra Mile Challenges will contribute a further £20 for these excellent charities in need.

As we can't cycle together this year, we'd like to receive as many photos as possible of you taking part. These can be shared with us via social media with the **#extramile2020challenge** or you can reach us via email at:

**info@extra-mile.org.uk** we want to hear from you and find out how far you cycled, where you went, and who was in your team?!



**WWW.EXTRA-MILE.ORG.UK**  
SEARCH EXTRA MILE CHALLENGES ON:



**palliative, neurological and bereavement support**

Sue Ryder St John's Hospice is in Moggerhanger in Bedfordshire, and they

provide expert care for life-limiting conditions. They're here to help you and your loved ones, with everything from pain and symptom management to emotional and practical help.

It's thanks to the tireless fundraising of their supporters that the hospice are able to continue providing expert care to so many people in the community.

Registered Charity No. 1052076

