



20k



YEARS
20
Polycystic Kidney
Disease Charity
pkd

CHALLENGE

Do something **AMAZING** this summer

Take on 20k, your way, and help support PKD Charity make a difference

2020 marks 20 years since PKD Charity was founded. PKD Charity is the only charity in the UK solely dedicated to supporting anyone affected by polycystic kidney disease. We raise awareness and fund research. We need your help to give hope for the future and make PKD irrelevant and curable.

So whether that's cycling or running 20k, walking a kilometre a day for 20 days, or jogging 5k a week for 4 weeks, you decide how to take on the PKD 20k Challenge, and you've got July and August to complete it.

We're asking everyone to try and raise £200 – so if you ask 10 people to sponsor you £1 a kilometre, you've already hit your target!



You decide how

However you want to take on the PKD 20k Challenge – you get to decide how!

- ★ Do your distance all in a day, or do it over a week, fortnight, or month!
- ★ Walk 5k, cycle 5k, jog 5k round your garden and dance a 5k line-dance. Be as creative as you want!
- ★ Get your four legged friend involved and cover 20k with your doggy!
- ★ Go for a socially distanced hike with friends and family members and have a picnic at the end!

So whether you jog, skip, walk or swim 20k, every step you take helps PKD Charity continue to support anyone affected by PKD.

Simple steps to fundraise

Step 1 – set up an online donation page

This is a great way to raise funds and awareness – and even better when shared on your social media. Visit www.justgiving.com/campaign/pkd20kchallenge and become part of **#TeamPKD**

Step 2 – share, share, share!

Tell everyone about your 20k Challenge via social, and don't forget your local news, community and workplace newsletters.

Step 3 – ask your employer to match what you raise.

Many organisations offer match funding – make sure to ask your employer if your company offers this to help top up your donations.

Sign up today

In return for taking on the 20k Challenge and joining **#TeamPKD** you will receive:

- ★ Free Team PKD fundraising resources
- ★ Free PKD Charity t-shirt/running vest
- ★ Be featured on the PKD blog in our 20k Challenge Hall of Fame
- ★ Pre-event support from the lovely PKD team
- ★ Good Luck shout-out on social
- ★ 20k Challenge Certificate
- ★ Special PKD Charity Medal

You'll have everything you need to help make your event a cracking success!



If you do have any questions, contact Madeleine at: teampkd@pkdcharity.org.uk or call: 07715 664 687.

Team PKD fundraisers like you are vital.
Thank you so much for your tremendous support.



Helpline: 0300 111 1234

(Monday-Friday 9am - 5pm or leave a message)

Office: 020 7387 0543

Address: 49-51 East Road, London, N1 6AH.

The Polycystic Kidney Disease Charity is a registered charity in England and Wales (1160970) and Scotland (SC047730).

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Registered address: 49-51 East Road, London, N1 6AH.

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DECIDE HOW

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Thank you!



Registered with
**FUNDRAISING
REGULATOR**



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