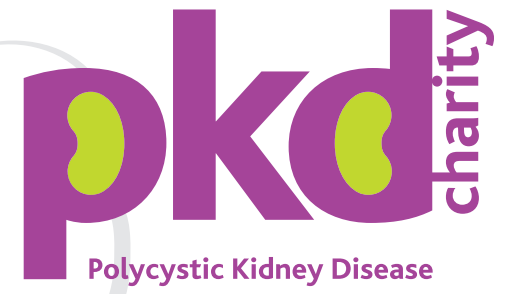




21K



# CHALLENGE

Do something AMAZING this Spring

# Take on 21k, your way, and help support PKD Charity make a difference

2021 marks 21 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 21k, walking a kilometre a day for 21 days, or you decide how to take on the PKD 21k Challenge, and you've got April and May to complete it.

We're asking everyone to try and raise £210 – 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 21k 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 21k 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 21k, 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/pkd21kchallenge](http://www.justgiving.com/campaign/pkd21kchallenge) and become part of **#TeamPKD**

## Step 2 – share, share, share!

Tell everyone about your 21k 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 21k 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 21k Challenge Hall of Fame
- ★ Pre-event support from the lovely PKD team
- ★ Good Luck shout-out on social
- ★ 21k 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 Sophia at: [fundraise@pkdcharity.org.uk](mailto:fundraise@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.

**[www.pkdcharity.org.uk](http://www.pkdcharity.org.uk)**

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.



Thank you!



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REGULATOR**



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