



One mile! How will you do yours?

It's amazing how many different ways you can travel one mile. Here are some ideas to get you thinking. You can pick one of these - or come up with your own! Think about what will people sponsor you to do!

Remember:

- You can share a mile between two halves of a team.
- It will get dark at about 6.30pm but there will be enough light for safety – maybe you can do something with lights!
- The route is mainly paved but the surface is not completely smooth in one or two places – but nothing that would stop a wheelchair!
- The width of the narrowest door in the EICC is 1.60 meters

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| 1. Juggle – learn to do it for the challenge | 16. Disco dancing |
| 2. Wheelbarrow – like sports day – or in a real one! | 17. Just walking for tots or seniors |
| 3. Pas de Bas | 18. Hula hooping |
| 4. Moon walk | 19. Doing any sporting activity |
| 5. Three legged – or 5 legged – or 7 legged | 20. Using any sports equipment |
| 6. In your wheelchair | 21. Roller skate/blade |
| 7. With your talented pet | 22. On points |
| 8. Abba/Mama Mia theme | 23. High School Musical theme |
| 9. Cycling | 24. Pipe band |
| 10. Uni cycling | 25. Any band |
| 11. On a pogo stick | 26. In fancy dress of any kind or any theme |
| 12. On a space hopper | 27. Polka |
| 13. Tango | 28. Playing any instrument |
| 14. In your bikinis | 29. Tossing a pancake |
| 15. Mothers with prams | 30. Dashing White Sergeant |

