

Do More Miles: World Cup Edition



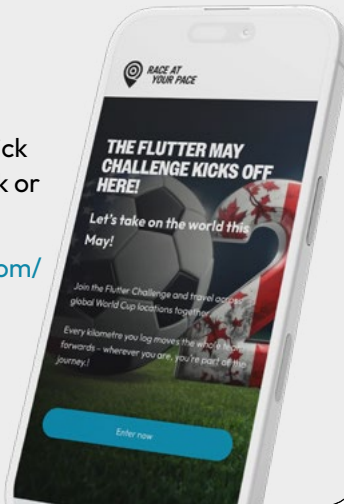
How to join the challenge:

Step 1

Click the sign-up link

It's easy to start – just click the challenge sign up link or scan the QR code!

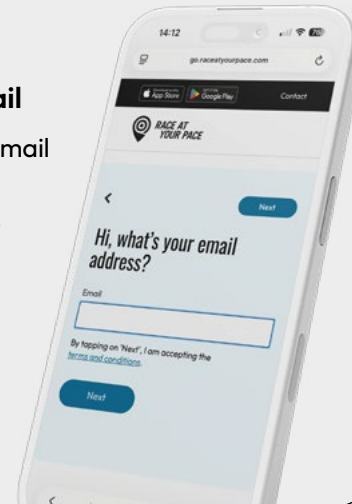
www.raceatyourpace.com/groups/flutter/



Step 2

Enter your work email

Just pop in your work email address to create your account and get going.

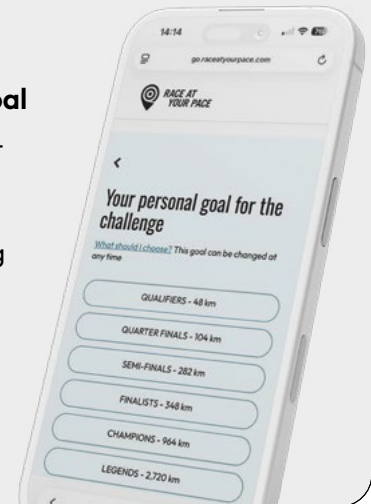


Step 3

Set your personal goal

Choose a distance that feels right for you.

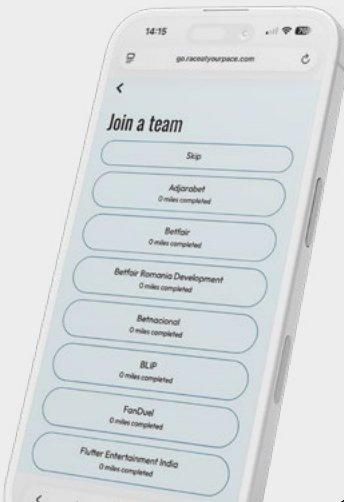
This is all about moving more! And remember, you can update your goal at any time.



Step 4

Team up!

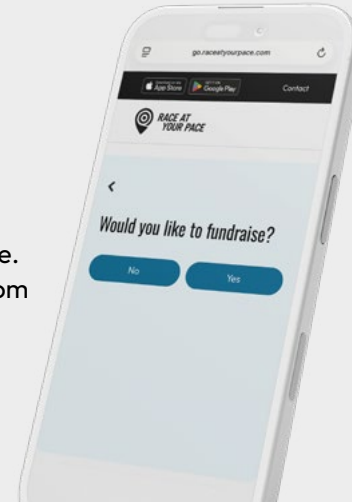
Pick your brand team and get ready for some friendly competition!



Step 5

Time to fundraise! (Optional)

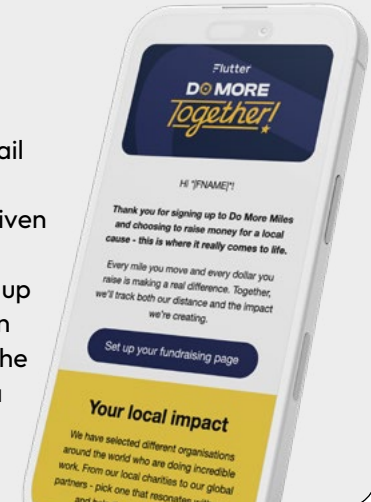
Select yes if you would like to fundraise as part of the challenge. Select your location from the list.



Step 6

Given Gain

You will receive an email on how to set-up your fundraising page on Given Gain, our fundraising partner. When setting up your page on the Given Gain site, you will get the option to choose from a list of local charities to fundraise for.



Step 7

Download the app (optional)

Download the app and sign in using your work email address. Using the website rather than the app is possible but you can only connect your fitness trackers to the app.

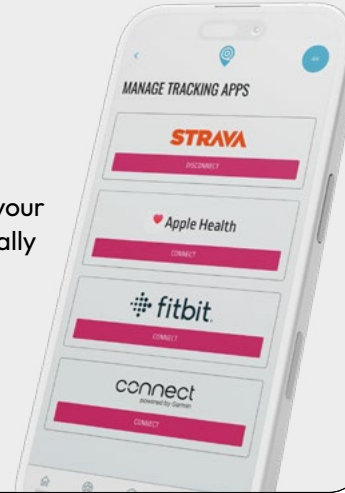


Step 8

Let's get moving!

Connect your tracker - Garmin, Fitbit, Apple Health or Strava - and your progress will automatically count towards your challenge.

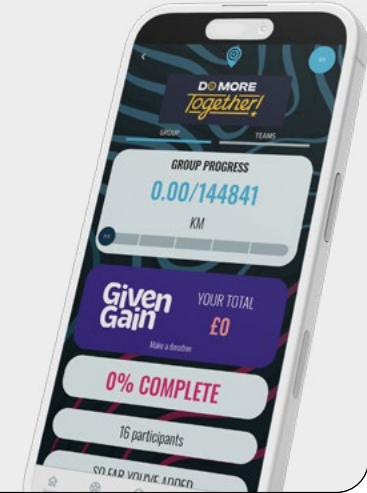
Move more and feel better this May!



Step 9

Track Your Progress

Keep track of your personal distance and the overall global fundraising on the 'Groups' tab.



When the challenge begins...

It's time to start adding your progress!

You can:

Log activity manually or connect your device via Apple Health, Garmin, Fitbit, Strava or Google Fit

Every bit of progress you add automatically counts towards:

- Your personal goal
- Our group goal to travel around the world
- And it moves you and your team up the leaderboard!

Fun and friendly competition

- Tap 'Groups' at the bottom of the app to see: The individual leaderboard - where everyone in the company can go head-to-head
- The team leaderboard - compete within your team and against other teams. A little friendly competition goes a long way!

Stay connected

Make sure you use the social feed to:

- Cheer each other on
- Share photos
- Celebrate milestones
- Keep motivation high!

This challenge is all about moving more, feeling better and raising important funds!

We can't wait to have you join!

Once you sign up to Do More Miles, you may notice that your app or web profile appears empty. Don't panic - once the challenge starts on the 1st May the fun begins and the app comes to life!



Frequently Asked Questions:

1. I've signed up but why can't I link my fitness tracker?

Fitness tracker linking will be available from 20 April, ready for automatic tracking from 1 May. If you're still having issues after 1 May, please contact us.

2. How do I link my fitness trackers?

Download the app, tap your profile icon (top right), then select "Manage tracking apps." You can connect: STRAVA, Apple Health, Fitbit, or Garmin Connect.

3. Do I have to download the app?

No—you can use the website only. However, fitness trackers can only be linked via the app. If you want automatic tracking, you'll need the app.

4. Do I have to fundraise?

No. Fundraising is optional. You can take part in Do More Miles without raising money.

5. I want to raise money for another charity – can I?

The charities offered through the GivenGain site are existing partners and we encourage you to support them but you can choose to support any charity. You will just need to use a different platform and we won't be able to link your fundraising to the totals shown in the challenge.

6. How does Given Gain work?

GivenGain is a fundraising platform where you can create a personalised page linked to a charity. You can share this with friends, family and colleagues to collect donations in support of your challenge. When you sign up to Do More Miles, if you click "yes" to fundraising, you will be emailed a link to set up your own fundraising page. This will automatically connect your fundraising to your team and the global total, so we can track how much we're raising together for our charity partners worldwide.

7. What are the leaderboards?

There are two leaderboards – Team leaderboard (by brand) and Individual global leaderboard. Your activity contributes to your team's total, and you can track your own progress. That said—this is a personal challenge first. The leaderboards are just for fun.

8. What do the distances mean?

Distances are inspired by World Cup stats. You can choose (and change) your goal at any time: 48 km (for the 48 teams), 104 km (104 fixtures in 2026), 282 km (282 points were scored in the 2022 Mens Football World Cup), 348km (total matches in Women's World Cup History), 964km (964 total matches played in Men's World Cup History) and 2720km (2720 goals in Men's World Cup History).

9. Won't cyclists automatically reach the top of the leaderboard?

No. Activities are converted into points, not just distance, to create a fairer comparison across activity types. But remember—the main goal is to achieve your personal target. The leaderboard is just a bonus.

10. How do the medals work?

Medals are optional. If you choose one, it will be engraved with your final distance and sent to your provided address. As this is a global shipment, delivery times may vary.

If you have any problems with the app or have questions about how it works, please contact us at: corporate@raceatyourpace.com



Let's do this!
Scan to join!

DO MORE
Together!★

 **RACE AT
YOUR PACE**