

ARCH 2 ARC THE ULTIMATE 'VIRTUAL TEAM' TRIATHLON CHALLENGE

Run 87 miles, Row 29 miles & Cycle 181 miles YOUR WAY

How the idea originated

Derek McEwan, Major Supporter and Trustee of Crohn's and Colitis UK, recently undertook this phenomenal challenge with his friend and Ambassador of Glasgow Children's Hospital Charity to raise much needed funds for these important charities. After completing the actual challenge and raising over £55,000 they put their creative minds together and realised that anyone could do this provided they had the right support, equipment and team behind them. The 'Virtual' Arch 2 Arc was born...



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I really enjoyed the challenge of Arch 2 Arc. I always like to push myself and this really took me out of my comfort zone and to do this whilst supporting a great charity was such a good feeling.”

Richard Darroch

Barclays

How it works

The challenge is flexible, exciting and different from anything else out there. It could be great for those competitive amongst you, but equally it's easy to make your own. You will be able to easily incorporate the journeys you need to make into your everyday life and make the challenge your own. It's all about the miles – how will you clock them?

The **aim** is to complete the length of the journey from the Arch 2 Arc as a team and raise as much sponsorship as possible:

- Run from the distance from Marble Arch to Dover
- Row or swim the distance of the English Channel
- Cycle the distance from Calais to the Arc De Triomphe

Implementing the Arch 2 Arc Challenge in the Workplace

- The Arch 2 Arc challenge can be completed in groups or as an individual.
- Each individual corporate supporter can implement their own internal competition between the groups taking part
- The challenge can be completed over any timescale and there are no time restrictions set, unless implemented by the corporate supporter themselves (such as the suggestion of a six day challenge)
- If you have a gym onsite, the challenge can take place there on a treadmill, rowing machine and bike
- If you have a gym close by, the challenge can take place there.
- Crohn's and Colitis UK will provide fundraising materials for all corporate supporters. Materials include posters, balloons, stickers, buckets and technical t shirts
- Crohn's and Colitis UK will provide support every step of the way, from planning the challenge to on the day support

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First time I have ever stepped inside a gym and still not sure how I got volunteered. It was fantastic working as part of a team to support great causes! It wasn't as tough as I thought and I've now got the bug for the gym so will keep going to help improve my fitness! ”

Stuart MacDonald

Barclays

Team examples:

1. Team of 5 – “The Super Fit Selective”

Days 1 – 3 Team of 5 run 17.5 miles each on the treadmill over three days

Day 4 - Row 5.8 miles before work
Day 5 and 6 - Cycle 36 miles over 2 days in lunch hour
Sponsorship raised -£250 raised + £250 matched funding
= £500

2. Team of 8 – “The Finest Specimens”

One Day Run 10 miles – Weekend morning
Cycle 22.6 miles – Weekend afternoon
Row 3.6 miles in less than half an hour.
Sponsorship raised - £75 each

3. Team of 10 – “The So Solid Crew”

Days 1 and 2 - Run/walk 4.4 miles on treadmill in your lunchtime
Day 3 - Row 3 miles each on the rowing machine after work
Day 4 - Cycle 18 miles each in the morning before work
Sponsorship - £500 raised + £500 matched funding = £1,000

Why should your work place take part in the Arc 2 Arch Challenge for Crohn’s and Colitis UK?

Crohn’s Disease and Ulcerative Colitis are the two main forms of Inflammatory Bowel Disease, These chronic conditions can cause parts of the bowels to become swollen, inflamed and ulcerated. At least 300,000 people in the UK have been diagnosed with Crohn’s or Colitis. This means 1 in 210 people are living with these unpredictable, life-long and potentially life-threatening conditions.

Crohn’s and Colitis UK is the leading UK charity in the battle against Crohn’s Disease and Ulcerative Colitis. We are dedicated to improving the lives of everyone affected by Crohn’s and Colitis. Working together, we provide information and support, campaign to improve services and healthcare and fund vital research.

Ultimately, we want to find a cure.

By taking part in this exciting new initiative you will be encouraging your colleagues and members to come together and challenge themselves and raise much need funds and awareness for an important cause.

For further information, contact Kathryn Boal on 01727 734 489 or email partnerships@crohnsandcolitis.org.uk