

CORPORATE TOOLKIT – GET YOUR TEAM ASSEMBLED



RECONNECT YOUR TEAM

Kiltwalk offers the perfect solution to connect you and your colleagues.

It can help bring the whole team together to feel part of something larger than the office (or home office).

It's also great fun, good for your mental health and can make a real difference to a charity you care about – what more do you need. Let's do good & feel good!

HEALTH BENEFITS OF *WALKING DAILY*



Helps in weight loss

Increases lung capacity



Improves heart health

Sugar cravings are **lowered**



Reduces chronic diseases

Improves mood



Prevents cancer

Prevents disability in old age



Delays ageing

Improves varicose veins



Lowers blood pressure

Boosts immunity



Reduces stroke risk in women

Speeds up digestion



Decreases diabetes risk

Reduces dementia risk



Welcome to our growing community of Corporate Teams,
you're doing something amazing!



Arnold Clark



CHOOSE YOUR CHALLENGE!

1. Select An Event:

GLASGOW	– 25 / 26 APRIL
ABERDEEN	– 7 JUNE
DUNDEE	– 16 AUGUST
EDINBURGH	– 13 SEPTEMBER

Take on any challenge you wish ... You could even sign up to do all FOUR cities, it's entirely up to you!



2. Select A Distance:

THE **Mighty**
Stride



23 miles
approx*

Entry £20

THE **Big**
Stroll



14 miles
approx*

Entry £20

THE **Wee**
Wander



3 / 4 Miles
approx*

**Entry £13 adult /
£7 child**

*Distances vary depending on event, please refer to Kiltwalk Website for accurate details



WALKER JOURNEY

01

Sign up at
www.thekiltwalk.co.uk

02

Activate your
JustGiving[™]
fundraising page
and start training

03

Complete your
challenge, share
your success on
social media, get the
bragging rights &
your Kiltwalk medal

04

REMEMBER!
Send funds to your
charity by the
fundraising deadline



ASSEMBLE YOUR TEAM IN 3 SIMPLE STEPS !

STEP 1

CREATE YOUR TEAM & INVITE COLLEAGUES

- Your Team Captain should register first via www.thekiltwalk.co.uk
- When asked 'are you part of A TEAM', answer yes
- Input a unique team name for your company / group

STEP 2

SET UP YOUR ONLINE FUNDRAISING PAGE

- Once registered, an email will be sent with a link to your unique 'Just Giving Fundraising page'. Click on this & set up your own personal Just Giving page
- From this page, you can then create a 'Team page' on Just Giving
- Once your 'Team page' is created, send colleagues the link so that they can join the page
- Your Team Page will show the running total of all team members fundraising from their own individual pages
- For more information on Team Fundraising Pages click [here](#)

STEP 3

GET EVENT READY!

- Start training and fundraising!
- Remember to share your progress by tagging in Kiltwalk



GOT A LARGE TEAM ... 10 OR MORE WALKERS?

If you're registering a large team (10 or more) you can use our quick and easy 'Large Team Upload' spreadsheet.

No more individual sign-ups, just one upload and your whole team is Kiltwalk ready!

THE PROCESS:

Simply download this [excel spreadsheet](#), fill out your team's details and email it back to us at contactus@thekiltwalk.co.uk

Payment

By using the 'Large Team Upload' to register your team, you can pay by either:

- Credit / Debit card or
- Invoice – *we will invoice your organisation based on the number of people listed. Please specify name/email address/billing address for the invoice to be sent to. You should receive your invoice within 1 working day. Please contact contactus@thekiltwalk.co.uk if you do not receive your invoice.*

Once payment is received, your walkers are officially registered.



TOP TIPS ON HOW TO BUILD YOUR TEAM

(Get the whole organisation involved!)

01 Nominate & grow your team
Nominate 5 colleagues to join you!

02 Make it competitive
challenge another department or regional office to beat the miles you cover or the amount you raise!

03 Get Social
Share posts on internal or public social media platforms that your company uses. You're doing something great, why not let everyone know!

Hint: This pack contains social tiles you can use. Remember to tag in the Kiltwalk so we can like & share

04 Consider buying places
We can provide you with a link to buy places in bulk to offer either free or discounted places to colleagues. This will help encourage people to sign up. Perhaps your organisation wants to offer free places to the first 100 people who sign up!

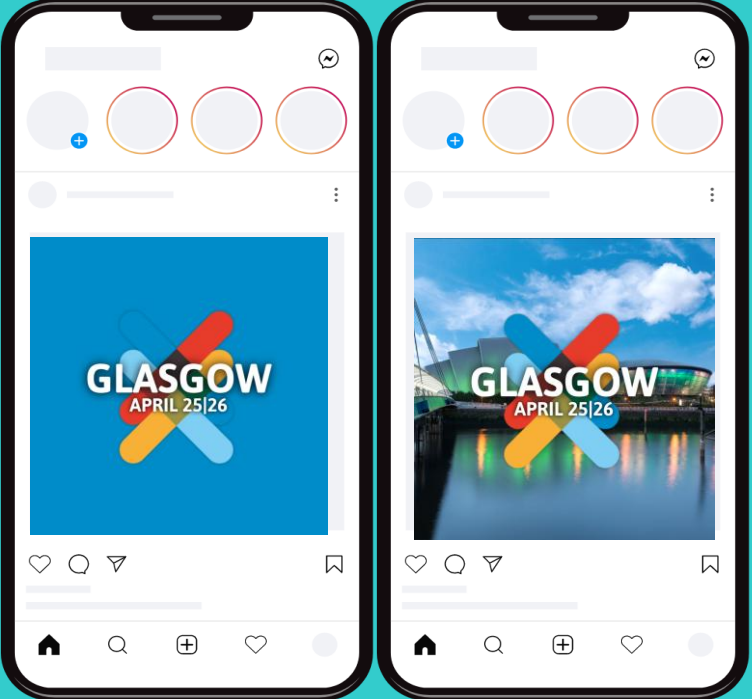
05 Email Colleagues
Send an email to colleagues & share details on how to get involved

06 Set up a WhatsApp or Facebook Group
Log your training miles covered and share how you're getting on. Build that feeling of being a team.

Included in your Corporate Toolkit

[Click here to access artwork and logos](#)

Social tiles



Logos



Photography





kiltwalk

*Arnold
Clark*

 THE
HUNTER
FOUNDATION

ANY QUESTIONS?

contactus@thekiltwalk.co.uk