What is Rest Less Go Further?

If you’d like some motivation to stay fit and healthy, raise money for good causes and friendly competition with your colleagues, then Rest Less Go Further is for you! Rest Less Go Further is a month-long virtual distance challenge completed as a team of ten by walking, running, swimming, cycling or any movement of your choice! Just track how far your team goes, fundraise for Restless Development and compete with other teams.

This virtual challenge will take you across 585 miles plus 5,200 metres of elevation to travel between Restless Development’s hubs in New Delhi India and Lalitpur in Nepal – so get ready to climb every mountain and keep running up that hill for this challenge! Choose to cross the Himalayas as many times as your team can go!

There will be prizes for the team that reaches Nepal fastest, the team that journeys between India and Nepal the most times and the team that raises the most funds. It’s a big challenge so we’re asking each team to challenge themselves to go the distance and raise 10,000.

It’s a fun way to create a bit of friendly competition with your colleagues whilst raising crucial funds to allow young people across the world to solve the biggest problems in their communities. All you need to do is sign up and turn miles into milestones!

Sounds great, how do I take part?

Signing up for Rest Less Go Further couldn’t be easier! You can sign up on our website here. Start by grabbing your colleagues and assemble your team of ten – remember you can have multiple teams in an organisation, so corral your colleagues, mention it to your manager and get HR involved – see how many teams your organisation can get involved! Once you have your teams signed up, get ready to go further. Pick the month you want your challenge to start, then all you have to do is get fundraising and get moving!
What counts towards our team goal?

Quite simply, it could be anything! Walking, running, cycling, kayaking—if you can track it, it all counts! Feel free to get creative—it’s a perfect way to find out Dave in accounting has a hidden unicycling talent.

How do we track our miles?

It’s simple to track your team’s distance. Make sure everyone on your team has a Strava account and create a team and ensure every time a team member makes a move, it counts towards your epic journey. Full instructions on how to do this are here. Make sure it’s up to date—there’ll be a running total on the leaderboard on our website!

To set up a team on Strava, you need to:
- Make sure everyone has downloaded the Strava app!
- Open the Strava app on your phone and head to the Groups tab.
- Tap Create a Group Challenge and walk through the steps to fill in the details of your monthly Rest Less Go Further challenge, setting out when your challenge should start, your goal, what activity types will count toward it and who you want to invite. Don’t forget to add Marissa so she can see how far you’re going!

Any fundraising ideas?

Our fundraising guide is full of tips and tricks and the Restless Development team are here to support you every step of the way. You’ll soon find your team hit their £10,000 target! Start by setting up your team’s Justgiving Page, and check out some fundraising ideas here!