



kiltwalk



Royal Bank
of Scotland

***Arnold
Clark***



THE
HUNTER
FOUNDATION

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 and 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



bulletexpress
Est 1990

PRIMARK®



ODEON



TESCO



BAE SYSTEMS



Ryden

CHOOSE YOUR CHALLENGE!

1. Select An Event:

GLASGOW • 28 APRIL

ABERDEEN • 2 JUNE

DUNDEE • 11 AUGUST

EDINBURGH • 15 SEPT

You can take on any challenge you wish - you could even sign up to do all 4 cities, it's entirely up to you!

2. Select A Distance:

THE **Mighty**
Stride



**23 miles
approx***

Entry £20

THE **Big**
Stroll



**12 miles
approx***

Entry £20

THE **Wee**
Wander



**3 / 4 Miles
approx***

**Entry £12.50 adult /
£6.50 child**



@thekiltwalk



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*Distances vary depending on event,
please refer to Kitlwalk 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

- A link to your unique 'Just Giving Fundraising page' will be in your registration confirmation email. Click on this and 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
- 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 @thekiltwalk in on LinkedIn, Facebook, Twitter & Instagram



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 promo codes – The Kiltwalk can provide you with discount codes to help encourage people to sign up. Perhaps your organisation wants to offer free places to the first 100 people who sign up!

Hint: You can order these online [here](#)

05

Email Colleagues

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

06

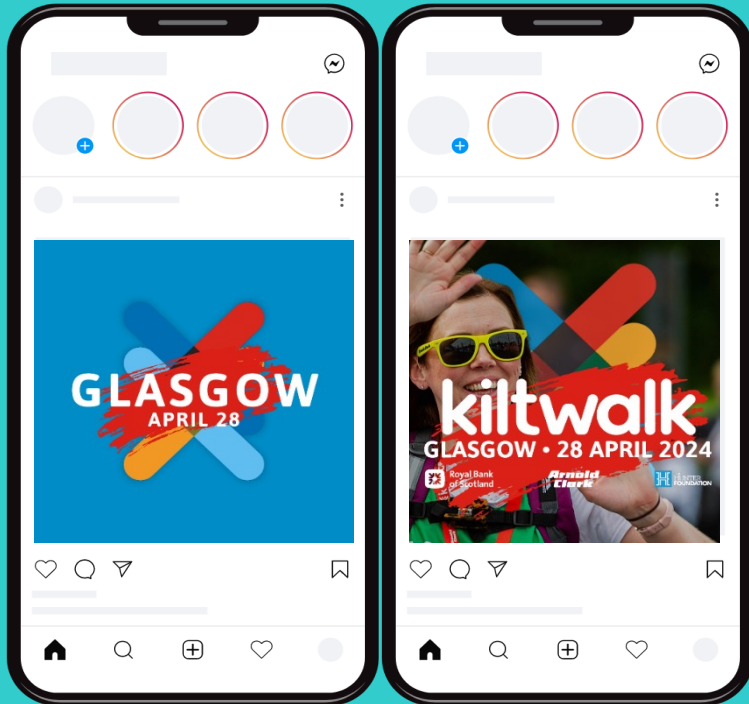
Set up a WhatsApp or Facebook Group

Log your training miles covered and share how each of you are 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





PROMO CODES – DRIVE THE ENGAGEMENT

Incentivise your team with reduced or free entry – it's up to you what discount you offer!



Order a unique promo code for your organisation online and receive an invoice payable in 30 days



[here](#)

Top Tip – Promote first and order in small batches

You can order these online



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ANY QUESTIONS?

contactus@thekiltwalk.co.uk