**Stride for Sight Fundraising Form**

**In aid of Sight Matters, Isle of Man**

**Take on the Stride for Sight 5-a-Day Challenge this August**

Whether it’s 5 miles, 5 minutes, or 5 mindful moments – every step supports people living with sight loss on the Isle of Man.

Tailor your challenge to your own ability, energy, and time. Use it to build fitness, form a new habit – or even prepare for the Coast 2 Coast!

**Participant Details**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Challenge Commitment**

I pledge to take part in Stride for Sight this August by completing one of the following daily goals (tick one or more):

* Walk 5 miles
* Run 5 kilometres
* Swim for 50 minutes or more
* Do 5 minutes of stretching, pilates or yoga
* Climb 5 flights of stairs
* Cycle 5 kilometres (or minutes on a static bike)
* Do 5 sit-to-stands from a chair
* Spend 5 minutes dancing to music
* Take 5 minutes for mindful breathing or meditation
* Do 5 laps of my garden / home / local park
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Duration**

* Every day in August
* Weekdays only in August
* Weekends only in August
* Custom: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Why I'm Taking Part**

*(Optional – tell us your reason or motivation)*

**Sponsor Me**

| **Sponsor Name** | **Amount Pledged (£)** | **Amount Collected (£)** |
| --- | --- | --- |
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|  |  |  |

(You can add more rows if needed.)

**Return Completed Forms To:**

**Sight Matters**
Corrin Court, Heywood Avenue
Onchan, IM3 3AP

**Email:** enquiries@sightmatters.im
**Website:** [www.sightmatters.im](http://www.sightmatters.im)
**Phone:** 674727

Sight Matters is a trading name under Manx Blind Welfare Society.
Registered Charity No. 132

**Communications Consent**

Tick if you would like to receive communications from Sight Matters.

By taking part in this event, you consent that the information given on this form may be used for the management of your entry and the production of event results. You may receive communications via email, including notifications about future related events. Information held about participants will not be used for marketing or shared with any third party without your explicit consent.

**Share Your Journey**

Don’t forget to have fun – and share your challenge progress online using **#StrideForSight**

Thank you for striding towards a brighter future for people living with sight loss.