

4 June to 29 July



Wiltshire's  
**BIG**

**PLEDGE**

**The Road to Rio**

# Are you ready to take the Road to Rio?

Sign up for **free** to one or more activity challenges.

Individuals or teams will take a virtual journey over eight weeks via previous Olympic/Paralympic host cities on the way to the venue for the 2016 Games – Rio de Janeiro!

## The Big Pledge challenges

This year it's about getting active, achieving your goal, and having fun. Select your challenge and really go for gold!

Challenge	Bronze distance	Silver distance	Gold distance
Road to Rio Challenge (Actual distance London to Rio) (Team only)	3000km	7000km	9281km
Running Challenge (Individual)	50km	120km	200km
Cycling Challenge (Individual)	200km	400km	600km
Swimming Challenge (Individual)	20km	35km	50km
Walking Challenge (Individual)	150km	200km	300km
Junior Sports Challenge (Individuals 15 yrs and under)	80km	150km	200km
Ultimate Sports Challenge (Individual/Team)	800km	1500km	2016km

For more information and to register for **FREE** from 2 May 2016 go to: [www.wiltshire.gov.uk/bigpledge](http://www.wiltshire.gov.uk/bigpledge)

 [wiltshirebigpledge](https://www.facebook.com/wiltshirebigpledge)  [#BigPledge](https://twitter.com/BigPledge)



# Take part as a team

There are two categories of this year's **Big Pledge** you can enter as a team: Road to Rio Challenge or Ultimate Sports Challenge.

## Who can be a team?

- Businesses
- Schools
- Community groups
- Sports clubs
- Family
- Friends
- Any group of people!



## How many can be on a team?

As many as you would like.



## How do you sign up as a team?

Assign a team captain who will register the team online. Team members can sign up for their team, ready to get started on 4 June.

In addition to the individual and team goals, everyone that enters will contribute to their community's distance.

So whether it's on the roads, tracks and trails of Wiltshire, in the gym or pool, it's time to get active and have fun on the Road to Rio!

[www.wiltshire.gov.uk/bigpledge](http://www.wiltshire.gov.uk/bigpledge)

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