

KEEP THE BEAT  
VIRTUAL

# Santa

Ride Run Ramble!

18 - 19 December 2021

The best thing about organising your own run, ride, ramble is that you're in charge! Whether you follow a familiar path or explore somewhere new, you can choose the route, the distance and the date to suit you.



1  
**Decide  
your  
route**

You may already have a route in mind, but if you're looking for a new route or one that's extra challenging try these sites: [Ordnance Survey](#), [ifootpath.com](#), [ramblers.org.uk](#) for some local inspiration.



2

## Start Fundraising

Make your miles matter by signing up for a fundraising page. By getting sponsored, your miles will help change the lives of children with poorly hearts. Visit our website to find out how to set up a fundraising page or download a sponsorship form.



3

## COVID-19 Guidance

Check the current national and regional Covid-19 guidance to make sure you are riding, running and rambling safely.



4

## Enjoy your Run, Ride or Ramble!

With preparations in place, it's time to get out and enjoy your ramble!



5

## Share your stories

Whether it's the tale of your adventure or a picture of you on your ride, run or ramble, we'd love to see your efforts. Make sure to use [#KTBSantaRide](#) and tag [@keepthebeatuk](#) in your social posts!