

Move 'til it hertz



Foothold
Supporting engineers

Join our virtual fundraising event

Will you Move 'til it hertz and raise vital funds for Foothold, to ensure no engineer or their family has to face life's challenges alone?

The challenge starts on 1 April 2023 and runs for the entire month. Sign up and pledge to move 'til it hertz, by running, walking, cycling, swimming, or even scooting to fundraise for engineers in need. The choice is yours. How far will you go?

Whether you swim one mile, walk 10 miles, or just keep moving until you reach your limit; every step, jump, or mile - and every penny - counts.

You can take part as a solo challenge or with a team of friends, family or colleagues. Challenge each other, or work together to reach a shared target.

However you choose to move, the money you raise will go a long way to helping engineers in need of support.



Taking part is simple

- Choose how you'll be moving, and set a target
- Register your Move 'til it hertz event with us
- Set up an online fundraising page
- Spread the word about your challenge to raise funds
- Move 'til it hertz at a location of your choice
- Keep track of your movements!



Free to register

It's completely free to register for Move 'til it hertz, and there's no minimum sponsorship. We simply ask that you raise as much as you can to help Foothold continue to support engineers and their families facing crisis.

Dedicated fundraising support

Our dedicated fundraising team will be on hand to support your fundraising efforts in any way we can. From helping you to set up an online fundraising page, to sharing your amazing efforts across our social media channels, we'll help you get the most out of taking part.

Register today

To find out more or register, please get in touch:

@ fundraising@myfoothold.org

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www.myfoothold.org/move

