



## Spin for Smart Works 2019

Spin for Smart Works is a week-long cycling challenge that will kick off on Friday 1st March 2019 and speed through until Friday 8th March, just in time for International Women's Day. Teams of five will join forces to tackle the 500-mile challenge which represents the distance between all our Smart Works centres across the UK. Smart Works is challenging you to go the extra mile, with the team who cycles the furthest, being crowned the Spin Winner 2019. We will also be crowning a regional winner for each of our UK locations, meaning that this year, there are multiple prizes to be won.

## The Success of Spin

Spin for Smart Works is one of our most successful annual fundraisers. Last year 58 teams from all of our UK locations competed to raise £40,000 for Smart Works which helped us to support over 3000 women across the UK, empowering them to be their best, succeed at their job interviews and move forward with their lives

## How to achieve 500 miles

We encourage all teams competing to get creative in choosing how they achieve their 500 miles.

## Here are our favourite options:

-  **Commute:** Use your daily journey to work to cycle in and increase your daily miles
-  **Spin while you win:** Switch your regular exercise to a daily spin class
-  **Werk it at work:** Install a spin bike at your place of work and spin your lunchbreak away in style
-  **Go the distance:** Request a volunteer charity day at work or use your weekend to cycle further afield, allowing your team to achieve your total mileage in one energetic burst! **Warning:** not for the faint hearted.

## How to get involved in Spin 2019?

- 1) Find your team of five members and pick your team name
- 2) Nominate a Team Captain to sign you up and input your daily Spin results on your team tracker page
- 3) Go to [www.smartworks.org.uk/spin-smart-works/](http://www.smartworks.org.uk/spin-smart-works/) and follow the links to our sign up page where you will be asked to pay the small sign up fee. If you sign up in January you will receive a limited earlybird rate of £5 and from February onwards the sign up fee will be £10.

(a) To sign up you will need the following details from your team: full team members names, genders, date of birth, email address and requested t-shirt sizes. Each cyclist will receive a free and exclusive Smart Works Spin t-shirt and welcome pack once they are registered.

(b) Once you are signed up you will need to set up your Just Giving page and link to the Spin for Smart Works Just Giving page (instructions on how to do this will be sent on sign up)

(c) Get your thinking cap on for creative fundraising by enlisting support from your company, colleagues, friends and family

(d) Post your journey on social media by tagging your local smart works centre's Instagram handle and using any of our hashtags

**#SpinForSmartWorks #PedalForAPurpose #SpinLikeYouMeanIt**

(e) Our official launch time will be at 5pm on Friday 1st March and the competition will close on International Women's Day, 8th March at 5pm

(f) You have 1 week to reach a target of 500 miles. The team that cycles the furthest will be crowned winner

## Smart Works

Smart Works helps unemployed women get back into the work place by providing them with a high quality outfit to keep and expert coaching for their upcoming interview. Over 60% of our clients go on to get their job within the first month of their appointment. Smart Works has centres in London, Reading, Manchester, Newcastle, Birmingham and Edinburgh which has allowed us to provide over 15,000 appointments across the UK.



