



20 in two challenge 2024

It's time to get on your bike!

Guernsey Chest & Heart LBG and the Guernsey Bicycle Group are proud to announce a new fundraising initiative: the "20 in Two Challenge". Our aim is to promote the benefits of active travel for personal health and the environment whilst raising funds for their vital work to support islanders with their cardiac health.

What is the challenge?

Between 1st May 30th June, we are asking islanders to replace 20 car journeys with cycling or walking instead. This will not only improve your physical and mental wellbeing but also reduce your carbon footprint while raising much needed funds for Guernsey Chest & Heart.

How does it work?

You'll need to register for the challenge before 26th April on RaceNation as our launch event is on Sunday 28th April at Guernsey Chest & Heart. At this event, you will be given your registration pack as well as an opportunity for a personal body composition scan by Guernsey Chest & Heart. Fundraising will be set up through your RaceNation page.

You will have 2 months to complete the challenge, marking off each car journey you replace on your personal Challenge Calendar. At the end of the challenge, we will have our celebration and prize-giving event, where you will have a second opportunity for a personal body composition scan to discover how active travel has improved your health.

What are the benefits?

Cycling (and walking) is a great form of exercise that can improve cardiovascular health, strengthen muscles and bones, and reduce stress. It's also an environmentally friendly mode of transport that can reduce traffic congestion and air pollution. By taking part in this challenge, you will not only be raising funds for a great local cause but also improving your health and reducing your impact on the environment.

Together, we can make a difference.

To register and find out more
please visit: gbg.org.gg



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