

## UPDATED 21 JULY 2020

We have updated our Virtual Challenge to reflect the easing of restrictions – it is still open to take part (actually or virtually) and you can still enter the photo competition

We are still tremendously excited to continue with our challenge during these difficult times and we are of course delighted that we received the official backing of [Heart 200](#), a new touring route of approximately 200 miles in the heart of Scotland around Perth, Stirling, the Trossachs and Highland Perthshire.

The **Making Sport Fit Heart 200 Route Challenge** offers an opportunity for you to make your miles/kilometres count and keep you motivated to stay active, but also encourages you to explore the Heart 200 route and everything it has to offer. You will feel so inspired to learn that all of this is within easy reach in the Central belt of Scotland, and we are confident you will want to get out and about to explore the route, now that restrictions have eased. Chances are you might be on holiday in the area or you are having a day trip so you if you climb a hill, walk along a river or cycle up a track – the distance can count! We are not suggesting you do these things on the busy roads around the route – but by picking out an area on the route and doing your exercise somewhere safe.

***Government guidelines have changed significantly since we set this as a virtual Challenge – please continue to comply with any restrictions still in place, e.g. social distancing, whilst exploring this route for real. You can of course still do the challenge virtually!***

The main purpose of the challenge now is to give you a great reason to keep up your great exercise levels, despite other commitments coming back in to play.

There will still be a chance for one individual or family to shine – we invite you to pick one of the sections you have completed/started and using home props, come up with a photograph of your version of a key tourist attraction you discovered online e.g. Loch Leven Castle. This is a great way for both adults and children in the family to be creative and get involved. All submitted photographs will be judged by one of the business partners of Heart 200 who will pick the most creative photograph. Making Sport Fit will award a copy of [The Heart 200 Book: A Companion Guide to Scotland's Most Exciting Road Trip](#) worth £12.99 to the winner!

### **Challenge Details**

- Walk/run/cycle as many miles/kilometres as you can during your daily exercise and actually or virtually (or a combination of both) relate these distances to a section of the Heart 200 route (see below)
- You can do the challenge as an individual or as a family using everyone's miles/kilometres as cumulative mileage to get further around the route.
- This challenge is suitable for everyone - miles are miles whether you are propelling a wheelchair, being pushed in a wheelchair or are the baby in a buggy – please include the miles of all family members if taking the cumulative approach!
- You can start anywhere on the route and head in any direction – you can log your chosen section, miles etc. on the attached sheet to help you keep a note of your totals (you do not have to use this, it's only a suggestion). Take a look at all 6

sections, decide which one you want to complete first and then you are good to go!

- To count actual miles/kilometres completed during your exercise, there are many tools that can help you do this e.g. – [Viewranger](#), [mapometer](#), [plot a route](#), [MapMyRun](#), [runngo](#), [komoot](#). Check for apps on your phone, some should be free to download. Or perhaps you have a watch or inbuilt function on your phone that can do this already.
- You may want to use the [cycling route](#) described on the Heart 200 website because this explains what the various mileages are – this can help you work out the miles you need to cover so you don't have to do the thinking or you can use good old fashioned maps to measure how far you have to travel along the route end to end on your chosen section (great learning for both adults and children!). Another free tool that could help you to plot your distance on the route is one like [FreeMapTools](#) so you know where to 'start' the next time. Or even something as simple as [AA Route Planner](#). It doesn't have to be an exact science!

Full information on the Heart 200 route can be found on their [website](#) – the route is broken down into [6 sections](#) with key stops in each section highlighted too. The website has lots of very useful information on where to eat and drink, what to see and do, activities, accommodation etc. There are so many lovely places to explore, we do hope you enjoy discovering the beauty online first and select a few favourites to visit.

### Important Notes

- Let us know if you are taking up the challenge so that we can support you and remember to submit your photographs (you can submit more than one). Submit your photographs to [info@makingsportfit.co.uk](mailto:info@makingsportfit.co.uk) – by submitting your photographs, you are giving us and partners permission to use your photographs for promotional purposes e.g. website, social media both during the duration of the challenge and afterwards
- By taking part, you are agreeing that you have read all of this document and understand it fully – if you are unsure about anything, please do not hesitate to contact Making Sport Fit directly.
- Making Sport Fit or Heart 200 take no responsibility for any accidents or injuries incurred as a result of you taking part in this challenge – by participating in the challenge, you are agreeing to participate at your own risk which should be according to your own fitness levels/status. ***It is important to remember that the challenge is not about covering actual miles so there is no expectation or requirement for you to exceed your own abilities/limitations.***
- Take the usual precautions when exercising as necessary e.g. inform someone where you are going if heading out alone and when they should expect you to return; plan a suitable route to avoid areas busy with traffic; risk should be assessed on an ongoing basis; take a fully charged mobile telephone with you in the case of an emergency, take fluids e.g. water to ensure you keep hydrated.
- There is no way of predicting when full restrictions will end so our signal to mark the end of the challenge will be when [parkrun](#) restarts

Enjoy the journey!