

BREAKING BARRIERS. BUILDING DREAMS.

5000 MILES FOR MEN'S HEALTH

NOVEMBER 1-30, 2026

WALK. RUN. BIKE. ROW. SWIM.

PEOPLE NEED PEOPLE.

EARNED NOT GIVEN.

THE MISSION

THIS IS BIGGER THAN MILES.

This November, we are giving the community one thing to chase together: 5,000 miles for men's health.

Every walk. Every run. Every ride. Every row. Every swim. Every person choosing to move for themselves or for somebody they care about.

WHY MEN'S HEALTH

There are men carrying more than people know. Men who need someone to check in. Men who need better support. Some of us have been those men. Some of us love those men. Some of us have lost those men.

PEOPLE NEED PEOPLE.

BEFORE YOU START

WHO ARE YOU MOVING FOR?

Yourself. Your husband. Your dad. Your brother. Your son. Your friend. Someone you lost. Someone you know is carrying more than they say.

WRITE THEIR NAME SOMEWHERE YOU'LL SEE IT.

5,000
COMMUNITY MILES

30
DAYS

THE NUMBERS

ONE GOAL. EVERY MILE COUNTS.

5,000
COMMUNITY MILES

100
PERSONAL BENCHMARK

1,000
KYLE'S TARGET

The 100-mile target gives each person something personal to chase. It is not the ceiling. Hit 100 and keep going. Every additional mile still belongs to the community total.

IF WE HIT 5,000 EARLY

We celebrate it. We do not move the goalposts. The counter keeps running and we find out how far this community can actually take it.

MOVE

FIVE WAYS TO ADD TO THE TOTAL.

01	**WALK**	Outdoor or indoor.
02	**RUN**	Road, trail or treadmill.
03	**BIKE**	Outdoor or stationary.
04	**ROW**	Machine or on water.
05	**SWIM**	Pool or open water.

THE STANDARD

Miles come from intentional movement. Your normal day-to-day steps do not become challenge miles.

KEEP IT CLEAN

THE NUMBER HAS TO MEAN SOMETHING.

01 **ONE MILE = ONE MILE**

No activity multipliers.

02 **ONE WORKOUT = ONE ENTRY**

Garmin + Strava is still one workout.

03 **NOVEMBER ONLY**

Activities must happen Nov 1-30.

04 **NO DAILY-STEP CONVERSIONS**

Intentional movement only.

05 **USE REAL PROOF**

Track it. Upload it. Protect the number.

OUR SOURCE OF TRUTH

LOG IT IN THE BBBD APP.

The BBBD app is the official record for our leaderboard and the 5,000-mile community total.

01 CHOOSE ACTIVITY

Walk / Run / Bike / Row / Swim

02 ENTER DISTANCE

Miles or kilometres. The app converts it.

03 ADD PROOF

Garmin, Strava, Apple, Fitbit, treadmill, bike, rower, pool or another tracker.

04 SUBMIT

Your miles move your total and the community total.

PRIVACY

Crop maps or location details if you do not want to share them. We need enough to verify distance, not where you live.

THE CAUSE

MOVE WITH US. SUPPORT MEN'S HEALTH.

We are doing this alongside Movember to raise money and awareness for men's mental health and suicide prevention, prostate cancer and testicular cancer.

$4,444

OFFICIAL TEAM FUNDRAISING GOAL

Donating is not required to participate. Move. Donate if you can. Share it. Tell your story. Check in on somebody. It all counts.

JOIN THE BREAKING BARRIERS MOVEMBER TEAM

movember.com/t/breaking-barriers?mc=1

Track there too where possible.

IMPORTANT

THIS IS NOT MEN ONLY.

Men's health affects families, partners, friends, coworkers and entire communities. Women are part of this challenge too.

MOVE FOR YOUR HUSBAND.

MOVE FOR YOUR DAD.

MOVE FOR YOUR BROTHER.

MOVE FOR YOUR SON.

MOVE FOR YOUR FRIEND.

MOVE FOR SOMEONE YOU LOST.

OR MOVE BECAUSE YOU BELIEVE MEN DESERVE BETTER SUPPORT.

MAKE IT FUN. KEEP IT HUMAN.

WE ARE CHASING MORE THAN FIRST PLACE.

The leaderboard shows the miles. It does not decide whose effort mattered most.

100 MILE FINISHER	Everyone who reaches 100.
MOST MILES	Highest verified total.
MOST CONSISTENT	Kept moving through the month.
COMMUNITY MVP	Made the challenge better for other people.
BIGGEST COMEBACK	Got knocked off track and came back.
FUNDRAISING IMPACT	Helped move the Movember total.

THE CHALLENGE UNDER THE CHALLENGE

DO NOT JUST LOG MILES FOR 30 DAYS.

POST YOUR FIRST MILE.

TELL US WHO YOU'RE MOVING FOR.

ENCOURAGE SOMEBODY ELSE.

CHECK ON SOMEONE WHO GOES QUIET.

INVITE SOMEONE TO MOVE WITH YOU.

SHARE THE HARD DAYS TOO.

THE MILES GIVE US SOMETHING TO CHASE.

THE PEOPLE ARE WHY WE'RE DOING IT.

NOVEMBER 1

YOU'RE IN. NOW MOVE.

01 JOIN THE BBBD CHALLENGE.

02 JOIN THE OFFICIAL MOVEMBER TEAM.

03 DECIDE WHO YOU'RE MOVING FOR.

04 SET YOUR PERSONAL TARGET.

05 LOG EVERY INTENTIONAL ACTIVITY.

06 UPLOAD PROOF.

07 HELP SOMEBODY ELSE KEEP GOING.

THE TARGET

5,000 MILES.

Then we see how far we can take it.

BREAKING BARRIERS. BUILDING DREAMS.

PEOPLE NEED PEOPLE.

5,000 miles.

One community.

November 1-30.

COME MOVE WITH US.

EARNED NOT GIVEN.