

WALK 100K IN SEPTEMBER

sands.org.uk/walk-100k-September



T	W	T	F	S	S	M	Weekly Total
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

It all adds up!

Halfway there!

Keep going!

You did it!



FAQs

Thank you. Thank you. Thank you for being part of Walk 100k in September. We know you must be so excited and counting down the days until 1st September – we are too!

You may have questions about the upcoming challenge. Check out our FAQs here for the answers! If your question isn't answered here, please visit www.sands.org.uk/walk-100k-September or contact a member of our team by emailing walk@sands.org.uk

How do I raise money?

The easiest way to raise money is through your online fundraising page that is automatically set up for you when you register. Don't forget to personalise your page and share your page with your friends and family.

Where can I find inspiration, ask questions and get tips for this challenge?

Join our dedicated and supportive walking community on our Facebook group: <https://www.facebook.com/groups/899065418712182>.

My family want to do the challenge with me. Can they have t-shirts?

No problem! Simply ask them to fill out the registration form on our website here - www.sands.org.uk/walk-100k-september and we will send them fundraising packs and t-shirts.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: <https://www.sands.org.uk/sponsorshipform>

Can I raise money on another online platform like JustGiving?

Yes, if you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to www.justgiving.com/campaign/walk100kseptember

How do I keep track of how many kilometres I've done?

Strava is a great app for tracking your challenge. The link to the Walk 100k page is - <https://www.strava.com/clubs/1272545>. Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you did.

Do I have to walk my kilometres?

It's up to you! We think most people will walk, but if you want to complete this by running or a different way then go for it! Just be sure to post your progress and updates on your fundraising page so friends and family can cheer you on and we can see how you're doing too!

Can I start late or early?

Of course! So long as you complete 100 kilometres in 30 days, it doesn't matter if you start early, late or need to miss a day.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance – we trust you! You can post videos, pictures and updates on your fundraising page and on social media. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

How do I pay in my fundraising?

All donations on your fundraising page will be paid directly to us at Sands, so you don't have to worry about this. If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on our website. You can do this here: www.sands.org.uk/donate. Make sure to say that your money is for your Walk 100k in September challenge so that we can make sure it is added to your total.

How do I send you my sponsorship form?

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at walk@sands.org.uk so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form to via post.