

# WALK 100K IN MARCH

#100kInMarch [sands.org.uk/100kinmarch](https://sands.org.uk/100kinmarch)



S	M	T	W	T	F	S	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	31		

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 March. We know you must be so excited and counting down the days until 1st March – 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-march](http://www.sands.org.uk/walk-100k-march) or contact a member of our team by emailing [steps@sands.org.uk](mailto:steps@sands.org.uk)

**How do I raise money?**

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds here: [www.facebook.com/groups/sandswalk100kinmarch](http://www.facebook.com/groups/sandswalk100kinmarch). Then it's really easy to share the page with your Facebook friends.

**How do I edit the date of my Facebook Fundraiser?**

Facebook Fundraising pages are automatically set to run for just 14 days. After that, they will close and you won't be able to collect any more donations so it is really important that you change this. You need to manually change the date to 11th April 2023.

Here's how: Go to your fundraising page; Click "Edit" under the main image and headline; Scroll down to the box that says "Set the End Date; Select the date – 11th April 2023; then click Save in the top right.

**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/get-involved/fundraising/fundraising-resources/sponsorship-form>

**Can I raise money on another online platform like JustGiving?**

Yes, if you would like. Facebook sends the money directly to us and doesn't charge you or us any fees, but if you would like to set up a fundraising page on another online platform, we recommend JustGiving. Go to [www.justgiving.com/campaign/SandsWalk100kinMarch](http://www.justgiving.com/campaign/SandsWalk100kinMarch)

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

Strava is a great app for tracking your challenge. 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?**

**Can I start late or early?**

**Where will my friends' money go?**

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

**How do I pay in my fundraising?**

**How do I send you my sponsorship form?**

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

Of course! So long as you complete 100 kilometers in 31 days, it doesn't matter if you start early, late or need to miss a day.

Directly to us at Sands. You don't have to worry about this. It happens automatically through Facebook.

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

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](http://www.sands.org.uk/donate). Make sure to say that your money is for your 100k in March challenge so that we can make sure it is added to your total.

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at [steps@sands.org.uk](mailto:steps@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 via post.