



31	YOU DID IT!		30	29
28	27	26	GO THE DISTANCE	
24	23	22	YOU GOT THIS!	
20	19	18	21	
16	15	14	17	
12	11	10	GOOD JOB!	
8	7	6	9	
4	3	2	IT ALL ADDS UP!	
			1	

YOU GOT THIS!

GO THE DISTANCE

KEEP GOING!

GOOD JOB!

SOLID PROGRESS!

IT ALL ADDS UP!



JOG 31  
MILES IN MAY

# FAQS

Thank you. Thank you. Thank you for being part of Jog 31 Miles in May. We know you must be so excited and counting down the days until the 1st May – 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 <https://www.sands.org.uk/jog-31-miles-may> contact a member of our team by emailing [miles@sands.org.uk](mailto:miles@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/981412337270935>

**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 - <https://www.sands.org.uk/jog-31-miles-may> and we will send them this tracker 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>

**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 Jog 31 miles club is - <https://www.strava.com/clubs/1430908> Once you're home, use the tracker on the reverse of this sheet to record how many miles you did. You can also log your miles on your fundraising page for all your friends and family to see.

**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 transferred directly to us at Sands. If you've collected offline fundraising, the easiest way to pay this to Sands is by donating to your page which was set up for you when you registered. If you'd rather, you can also donate on our website: [www.sands.org.uk/donate](https://www.sands.org.uk/donate). Make sure to say that your money is for your Jog 31 Miles in May challenge so that we can add it 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 [miles@sands.org.uk](mailto:miles@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.

**Can I start late or early?**

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

**Do I have to walk my kilometres?**

It's up to you! We think most people will jog, but if you want to complete this by running or walking 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!