



50 YOU DID IT!	49	48	47	46
41	42	43	44	45
40	39	38	37	36
31	32	33	34	35
30	29	28	27	26
21	22	23	24	25
20	19	18	17	16
11	12	13	14	15
10	9	8	7	6
1	2	3	4	5

GO THE DISTANCE

GOOD JOB!

HALFWAY THERE!

SOLID PROGRESS!

IT ALL ADDS UP!



JOG 50 MILES IN MARCH

FAQS

Thank you. Thank you. Thank you for being part of Jog 50 miles 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/jog50 or message our team in the Facebook group.

My t-shirt doesn't fit. Can I exchange it?

Of course. Simply drop us an email to shop@shop-sands.org.uk with the new size you require and we'll send this out to you, along with a free-post returns package for you to send the other one back in.

My family want to jog with me. Can they have t-shirts too?

No problem! I'm sure you'll appreciate their support. You can order extra t-shirts from our online shop here: www.shop-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: <https://bit.ly/3G8tK5U> Then it's really easy to post updates and share the page with your friends.

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 on our website. Simply search for 'Sands sponsorship form' on Google.

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/Jog50MilesInMarch2022.

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

Strava, RunKeeper and MapMyRun are all great apps for keeping track of your challenge. Once you're home, use the tracker in your pack to record how many you did.

Do I have to jog my miles, or can I walk?

It's up to you! We think most people will jog or run the miles, 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!

Can I start late or early?

Of course! So long as you complete 50 miles in 31 days, it doesn't matter if you start early, late or need to miss a day.

Where will my friends' money go?

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

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

You don't need to prove you've completed the miles – 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.

How do I pay in my fundraising?

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 Jog 50 Miles 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 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 via post.