



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!

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 contact a member of our team by emailing miles@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/fund/sandscharity. 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 will not be able to re start you page should it close. You need to manually change the date to 10th April 2021.

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 – 10th April 2021. 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, then simply drop us an email to miles@sands.org.uk

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/Jog50MilesInMarch.

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.