sands

Run 2k a day in January

Saving babies' lives.
Supporting bereaved families.

It all adds up!

Start	Thu 1st	Fri 2nd	Sat 3rd	Sun 4th	Mon 5th
Tue 6th	Wed 7th	Thu 8th	Fri 9th	Sat 10th	Sun 11th	Mon 12th	Tue 13th

It all adds up

Halfway					
Wed 14th	Thu 15th		Fri 16th	Sat 17th	Sun 18th	Mon 19th	Tue 20th

Keep going!

Wed 21st	Thu 22nd	Fri 23rd	Sat 24th	Sun 25th	Mon 26th	Tue 27th

Nearly there!

Wed 28th	Thu 29th	Fri 30th	Sat 31st	Finish!	You did it!

sands.org.uk/run-2k-day-january-2026

Run 2k a day in January

❓ Frequently asked questions

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Thank you. Thank you. Thank you for being part of Run 2k a day in January. We know you must be so excited and counting down the days until 1st January - 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/run-2k-day-january-2026 or contact a member of our team by emailing run@sands.org.uk.

How do I raise money?

Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.

My family want to run with me. Can they register too?

No problem! Just ask them to register via this link - hhttps://fundraising.sands.org.uk/register/run-2k-a-day-january-challenge/main .

Will I get a reward?

Everyone who raises over £175 will get sent limited edition Run 2k a day in January trainer tags and a certificate after the challenge ends. You don't need to do anything to get this. If we need any extra details from you, we'll be in touch.
If you move house, please let us know by emailing run@sands.org.uk.

Can I just raise money offline with asponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one here: www.sands.org.uk/get-involvedfundraisingfundraising-resources/sponsorship-form.

Can I raise money on another online platform like JustGiving?

Yes, if you would like. Your Sands fundraising page sends the money directly to us, but if you would like to set up a fundraising page on another online platform, we recommend JustGiving. Visit the Run 2k a day in January page here to set up your page - https://www.justgiving.com/campaign/run2kadayinjanuary2026 .

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 your fundraising page or on our website. You can donate via our website here: www.sands.org.uk/donate. Make sure to say that your money is for your Run 2k a day in January challenge so that we can make sure it is added to your total.

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

Join our Strava group to log and track your runs and meet others taking on the challenge - www.strava.com/clubs/1799307

Follow these steps to log your kms on your fundraising page and keep friends and family updated.
1. Log in to your Sands account by clicking the person icon in the top right of the screen here
2. Click the person icon in the top right again
3. Click My Fundraising
4. Click My Fitness Activity
5. Scroll down to Add Activity and type in how many kms you've done and any other details
6. Click Save Changes

The Health app on iPhone or Google Fit app on Android both keep track of how many kms you do each day. There's other apps available so do pick whichever works best for you. If you have a pedometer or sports watch, these can usually keep track of your kms too. And use Strava, Fitbit and Garmin to log your runs too.

Can I start late or early?

Of course! So long as you complete 2k or more a day throughout January. If you do miss a day, just add the extra kms to your next run to make up the distance and get yourself back on track.

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

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 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 send you my sponsorship form?

If you've collected cash donations and added them to your fundraising page and have a completed sponsorship form, do scan and email this to us at run@sands.org.uk so we can 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 us via the post.