

RUN 30KM IN SEPTEMBER



sands.org.uk/30klnSeptember



T	W	T	F	S	S	M	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	

It all
adds up!

Halfway
there!

Keep
going!

You
did it!



FAQs

Thank you. Thank you. Thank you for being part of Run 30k in September. We know you must be so excited and counting down the days until 1st September – 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-30k-September or contact a member of our team by emailing run@sands.org.uk

How do I raise money?

Online Fundraisers are the easiest way to raise money. You can set one up in a few seconds by visiting our website here: <https://www.sands.org.uk/run-30k-September>. Then it's really easy to share the page with your family and friends.

Will I get a medal?

Everyone who raises over £150 will get a medal and 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.

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 - www.sands.org.uk/run-30k-September and we will send them fundraising packs 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/get-involved/fundraising/fundraising-resources/sponsorship-form>.

Can I raise money on another online platform like JustGiving?

Yes, if you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to www.justgiving.com/campaign/run30kSeptember

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 run 30k page is - www.strava.com/clubs/1271357. Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you did.

Do I have to run 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 run 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 30k in 30 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 Fundraiser and in the Facebook 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. Make sure to say that your money is for your 30k in September 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 run@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.