



# Run 2k<sup>a</sup> day in February

Saving babies' lives.  
Supporting bereaved families.

Start

Sun 1st

Mon 2nd

Tue 3rd

Wed 4th

Thu 5th

Fri 6th

Sat 7th

Sun 8th

Mon 9th

Tue 10th

Wed 11th

Thu 12th

Fri 13th

Halfway

Sat 14th

Sun 15th

Mon 16th

Tue 17th

Wed 18th

Thu 19th

Fri 20th

Sat 21st

Sun 22nd

Mon 23rd

Tue 24th

Wed 25th

Thu 26th

Fri 27th

Sat 28th

Finish!

You did it!

It all adds up!

It all adds up!

Keep going!

Nearly there!

Illustration of a person running with a dog

Illustration of a person running wearing a Sands t-shirt

# Run 2k a day in February

## ? Frequently asked questions



**Thank you. Thank you. Thank you for being part of Run 2k a day in February. We know you must be so excited and counting down the days until 1st February - 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/run-2k-day-february-2026> or contact a member of our team by emailing [run@sands.org.uk](mailto: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 - <https://fundraising.sands.org.uk/register/run-2k-a-day-february-challenge/main>.

### Will I get a reward?

Everyone who raises over £175 will get sent limited edition Run 2k a day 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](mailto:run@sands.org.uk).

### 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 here: [www.sands.org.uk/get-involvedfundraisingfundraising-resources/sponsorship-form](http://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 February page here to set up your page - <https://www.justgiving.com/campaign/run2kadayinfebruary2026>.

### 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](http://www.sands.org.uk/donate). Make sure to say that your money is for your Run 2k a day in February 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/1846419](http://www.strava.com/clubs/1846419)

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 February. 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](mailto: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.