



Run 50k in September

Saving babies' lives.
Supporting bereaved families.



Start!

Tue 1st

Wed 2nd

Thu 3rd

Fri 4th

Sat 5th

Sun 6th

Mon 7th

Tue 8th

Wed 9th

Thu 10th

Fri 11th

Sat 12th

Sun 13th

Mon 14th

Tue 15th

Halfway!

Wed 16th

Thu 17th

Fri 18th

Sat 19th

Sun 20th

Mon 21st

Tue 22nd

Wed 23rd

Thu 24th

Fri 25th

Sat 26th

Sun 27th

Mon 28th

Tue 29th

Wed 30th

Finish!

Total:



It all adds up!

It all adds up

Keep going!

Nearly there!



? Frequently asked questions

You may have other questions about the upcoming challenge, if so check out our FAQs on our website here - sands.org.uk/Run50kinSeptember. If your question isn't answered please email us at 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.

If you would like, you can set up a fundraising page on another online platform, we recommend JustGiving.

Go to justgiving.com/campaign/run50kSeptember26

Will I get a reward?

Everyone who raises £175 or more will receive limited edition trainer tags and a certificate after the challenge ends. You don't need to do anything to get this. Everyone will receive a digital certificate sent to your email after the challenge ends. 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 sands.org.uk/Run50kinSeptember 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: sands.org.uk/sponsorshipform

Do I have to run my kilometres?

It's up to you! We think most people will run the kilometres, 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 Fundraising page so friends and family can cheer you on and we can see how you're doing too!

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

Track your distance using any tracker app including Apple Health, Google Fit, Strava, Fitbit, Garmin, or a smartwatch. You can sync your Fitbit and Garmin app to your fundraising page. Follow the steps below if you are using another app to update your km's on your fundraising page manually:

1. Log in to your Sands fundraising account by clicking on the person icon on the top right screen. - fundraising.sands.org.uk
2. Go to My Fundraising
3. Select My Fitness Activity
4. Scroll down to Add Activity and type in how many km's you've done and any other details
5. Click Save Changes

Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you've completed and watch them add up!

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.

Join our Strava Club



sands.org.uk/Run50kinSeptember