

# RUN 28 MILES IN FEBRUARY

sands.org.uk/run-28-february  
#Run28forSands



Saving babies' lives. Supporting bereaved families.

M	T	W	T	F	S	S
					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	Total	

Great start 👍

Half way!

Share your pics 📷

Almost there!



Well done and thank you so much for supporting Sands

Sands (Stillbirth and Neonatal Death Society). Charity Registered in Scotland SC042789, England and Wales 299679. We also operate in Northern Ireland. Company Limited by Guarantee Number: 2212082. Registered Address: 10-18 Union Street, London SE1 1SZ.

Registered with



# This February can you commit to running 28 miles?

We are asking you to step out and run 28 miles over the month of February. Thank you for joining us and committing to the challenge. Not only will you be raising vital funds but we hope that your running will give you some time and space to focus on your own wellbeing. You may have questions about the upcoming challenge. Check out our FAQs here - <https://www.sands.org.uk/run-28-miles-february> or contact a member of our team by emailing [challenge@sands.org.uk](mailto:challenge@sands.org.uk).



## Is there a fundraising target?

We have no minimum or maximum amount that we would like you to raise. From our point of view, no matter how much money you raise, it will go towards supporting bereaved families across the UK.

## How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating it to your fundraising page. If you don't have one, you can also donate on our website. Make sure to say that your money is for your Run 28 challenge so that we can make sure it is added to your total. If you have fundraised using a sponsorship form make sure you email your sponsorship form to [miles@sands.org.uk](mailto:miles@sands.org.uk) after donating so we can claim valuable gift aid. If you're not able to donate this way, then drop us an email to [miles@sands.org.uk](mailto:miles@sands.org.uk) and we can discuss other ways of getting the donation to us.

## How do I raise money?

Your fundraising page will be created for you when you register. You're in control of who you share this with, across your social media, Whatsapp, email, text and anywhere else your friends and family might see it. They can click onto your page to sponsor you, leave a good luck message and view any updates you might post or activity you might log.

## 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 fundraising page and in the Facebook and/or Strava group though, so we can see and congratulate you on your progress. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

## Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like, if you would like a sponsorship form you can download a sponsorship form. <https://www.sands.org.uk/get-involvedfundraisingfundraisin-resources/sponsorship-form>

## Will I get a medal/reward?

Everyone who raises over £150 will get limited edition Run 28 Miles in February 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 [miles@sands.org.uk](mailto:miles@sands.org.uk).

## Can I raise money on another online platform like JustGiving?

Yes, if you would like to set up a fundraising page on another online platform, we recommend JustGiving. [justgiving.com/campaign/run28milesfebruary2025](https://www.justgiving.com/campaign/run28milesfebruary2025)

## What if I get an injury?

We advise you take every precaution to keep fit and healthy and not undertake any activity that you don't feel comfortable with or that might cause you to hurt yourself. If in doubt, please check with your GP. If you do get injured during the challenge, we encourage you to postpone completing it until you get fit and healthy again - we'll still be here to support you whenever that might be.

## Do I have to run my miles, or can I jog, walk, climb or dance?

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

## What if I don't complete the challenge?

The only thing that matters is that you challenge yourself. Do as much as you can. Every mile helps.