





# Walk 100k in March

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

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

Sun 29th

Mon 30th

Tue 31st

Finish!


Total:

It all adds up!

It all adds up!

Keep going!

Nearly there!



# Walk 100k in March

## ? Frequently asked questions



**Thank you for taking on Walk 100k in March. We know you must be so excited to start and counting down the days until 1st March – we are too!**

You may have questions about the upcoming challenge. Check out our FAQs on our website here - <http://www.sands.org.uk/walk-100k-march> for the answers. If your question isn't answered please email us at [walk@sands.org.uk](mailto:walk@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 <https://www.justgiving.com/campaign/walk100kmarch2026>

### Will I get a reward?

Everyone who raises over £175 will get a limited edition daffodil keyring 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 [walk@sands.org.uk](mailto:walk@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 <https://www.sands.org.uk/walk-100k-march> 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-involvedfundraisingfundraising-resources/sponsorship-form>.

### Do I have to walk my kilometers?

It's up to you! We think most people will walk the km's, 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, on our brand new app and on your social media accounts 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 kilometers I've done?

Track your kilometres on our brand new walking app, and download it here: <https://fundraising.sands.org.uk/app>

Log into the app and follow these steps:

1. Tap the purple + button (bottom right on any screen)
2. Choose "Log a walk manually" if you've already done your walk, enter your kilometres using any tracker app on your phone or smart watch
3. Or select "Start a live walk" to track it as you go
4. Your km's will automatically add to your challenge progress on the app and your fundraising page activity tracker

Once you're home, use the tracker on the reverse of this sheet to record how many kilometers you've completed and see your tally add up!

### Can I start late or early?

Of course! So long as you complete 100k in 31 days, it doesn't matter if you start early, late or need to miss a day. Just adapt the challenge to work best for you.

### 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 and on our brand new app. 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 have a completed sponsorship form, do scan and email this to us at [walk@sands.org.uk](mailto:walk@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 via the post.

### 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 Walk 100k in March challenge so that we can make sure it is added to your total.