



Run 50k in May

Saving babies' lives.
Supporting bereaved families.




→		Start!	Fri 1st	Sat 2nd	Sun 3rd	Mon 4th	Tue 5th
Wed 6th	Thu 7th	Fri 8th	Sat 9th	Sun 10th	Mon 11th	Tue 12th	Wed 13th
Thu 14th	Fri 15th	Halfway!	Sat 16th	Sun 17th	Mon 18th	Tue 19th	Wed 20th
Thu 21st	Fri 22nd	Sat 23rd	Sun 24th	Mon 25th	Tue 26th	Wed 27th	
Thu 28th	Fri 29th	Sat 30th	Sun 31st	Finish!	Total:		

It all adds up!

It all adds up!

Keep going!

Nearly there!




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sands.org.uk/Run50kInMay

Run 50k in May



? Frequently asked questions

Thank you for taking on Run 50k in May. We know you must be so excited to start and counting down the days until 1st May – we are too!

You may have questions about the upcoming challenge. Check out our FAQs on our website here - www.sands.org.uk/Run50kInMay for the answers. 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 <https://www.justgiving.com/campaign/run50kmay26>

Will I get a reward?

Everyone who raises £175 or more will receive limited edition trainer tags and 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 www.sands.org.uk/Run50kInMay 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/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!

Can I start late or early?

Of course! So long as you complete 50 kilometres 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.

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

Join our Strava group to log and track your runs and meet others taking on the challenge - <https://www.strava.com/clubs/run50kmay26>

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 - <https://fundraising.sands.org.uk/>
2. Click My Fundraising
3. Click My Fitness Activity
4. Scroll down to Add Activity and type in how many kms you've done and any other details
5. 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 Fitbit and Garmin to log your runs too.

Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you've completed.

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 pay in my fundraising?

If you've collected offline sponsorship, 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. Make sure to say that your money is for your Run 50k in May challenge so that we can make sure it is added to your total.

If you've completed a sponsorship form, do scan and email this to us at run@sands.org.uk so we claim any gift aid, and then pay it into your fundraising page on the sponsors behalf. 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.