

Walk 60 miles in April Frequently asked questions.

1. How far do I have to walk?

The challenge is to walk 60 miles in April. You can aim for 60, or walk as many as you like.

2. Do I have to walk every day?

Not at all! This is your challenge, and you can take part in whatever way suits you best. Walk 2 miles a day, walk multiple miles each weekend, or plan a couple of bigger adventures to knock off bigger chunks. How you complete your 60 miles is entirely up to you.

3. Do I have to walk, or can I complete the challenge in other ways?

Yes, of course. You can cover this distance any way you want to if walking is not suitable for you. If you are a wheelchair user, challenge yourself to cover 60 miles in your chair. If walking is not the best exercise for you, feel free to run, swim, cycle or even skip the distance!

4. How long does it take to walk a mile?

The average person takes between 15-20 minutes to walk 1 mile.

5. How do I track how many miles I walk?

Most phones have activity trackers built in – check your phone health apps for this. Strava is a good app to download and track distances. Some watches can track distances too.

6. How do I get my welcome pack posted to me?

We will post welcome packs to everyone after they receive their first donation. If you are taking part and unable to fundraise, you'll automatically receive a digital copy of our activity tracker emailed to you – this will be on our website so you can also download a copy.

7. How do I use the activity tracker?

Your free activity tracker allows you to record how many miles you have walked each day. At the end, tally up the amount of miles walked to see your final total.

8. How do I sign up?

You can sign up using this link: <https://givp.nl/register/DAhfyFW2>

9. How do I get my free t shirt?

You'll receive your free t-shirt once you get your first donation. Make sure you have registered and set up your fundraising page to get your freebie.

10. How do I earn a medal?

If you raise £150 by the end of the challenge, we'll send you a celebratory medal!

11. I registered and chose to not set my fundraising page up at the time. How do I create a fundraising page now?

You can create your fundraising page using this link: <https://givp.nl/fb/DAhfyFW2>

12. I created a fundraising page but now I can't find it. What do I do?

Get in touch on fundraising@theros.org.uk and we can help you locate your fundraising page.

13. How much do I have to fundraise?

Please just fundraise as much as you can! There's no set target, and every penny you raise will help make a life-changing difference to people with osteoporosis.

14. I have raised money in person. How do I get this to you?

Get in touch on fundraising@theros.org.uk and let us know if you have funds to bank. We'll then send you details on how to do this.

15. I don't have Facebook. Can I still take part?

Yes, you can. Sign up and create a fundraising page on JustGiving. When you register, the form will offer you a chance to create a JustGiving page. Not using Facebook will just mean you won't be part of the Facebook group.

16. Why is there a Facebook group?

The Facebook group is a place to meet other walkers, connect with people across the UK taking part, and get that extra bit of motivation to keep going during your challenge. You don't need to be a part of the group if you'd prefer not to join.

17. Do I have to join the Facebook group?

You don't have to but we would advise it, just so you can meet others doing the same things as you!

18. Do I have to pay to sign up?

No - it's free to sign up!

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