










FAQs

<p>How does the challenge work?</p>	<p>Participants are challenged to ride 300 kilometers, any way they like, in April to raise funds so that we can continue to support people living with and affected by Crohn's and Colitis. The challenge officially starts on April 1st.</p>
<p>Is there a registration fee?</p>	<p>No, this event is FREE for anyone to take part in! Whilst there is no minimum sponsorship target, every day we support people with Crohn's and Colitis, so any money you can raise would help us to reach more people who need our support.</p>
<p>What's the registration deadline?</p>	<p>There's no registration deadline, but the Cycle jersey is available whilst stocks last, so we recommend you or any friends/family join the challenge as early as possible to avoid any disappointment!</p>
<p>My partner/family/colleagues want to join in too! How do they register? Can they have a separate fundraising page?</p>	<p>That's brilliant! You can send them this link to register for the challenge: https://socialsync.app/f/eL-no6w1mrq63pl1/fm-75pvgzen53gz4. They can have a separate fundraising page. Thank you so much for your support! </p>
<p>What if I don't complete the challenge?</p>	<p>The only thing that matters is that you challenge yourself. However much you achieve, we're so grateful for your support and for raising much-needed funds for Crohn's and Colitis UK </p>
<p>Who can I speak to if I need more information?</p>	<p>For all event questions, please add a post on this Facebook Group or message us directly, and we will assist as promptly as possible. For any additional questions about the charity or how they can support you, please contact fundraising@crohnsandcolitis.org.uk </p>
<p>Is there an age limit?</p>	<p>No. You can take part if you're 10 or 11! But, if you're under 16, you will need a parent or guardian to sign you up for the challenge. Please email fundraising@crohnsandcolitis.org.uk with permission from your parent or guardian.</p>
<p>Can I have a joint Facebook Fundraiser with my friend/family?</p>	<p>Unfortunately, it appears that Facebook has recently removed that option so they'll need to create their own fundraiser. Thanks so much for your amazing support! </p>
<p>Can I donate to my own fundraiser?</p>	<p>We actually recommend making a small donation yourself if possible to help kickstart your fundraising! Remember that every £5 could help us continue to support those living with and affected by Crohn's and Colitis so your own donation could make a big difference in someone's life. Thanks so much for your amazing support! </p>
<p>Can I get an extra tracker?</p>	<p>You can download a copy of our distance tracker poster here: https://crohnsandcolitis.org.uk/umbraco/preview/?id=30762 </p>
<p>Can I take part in a wheelchair or mobility scooter?</p>	<p>Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals. </p>



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Can I change the challenge to suit my needs?	Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals. ❤️
Do I have to be super-fit to take part?	No! This is your challenge, so you can do it any way you like. If you have any concerns, please talk to your doctor before taking part in this challenge. The challenge should be completed however is best for your physical ability. ❤️
Does my daily/weekly ride/workout count?	This is your challenge, and we encourage you to do it your way - some people will do it as part of their usual workout and others might choose to add this in addition. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. You should feel satisfied when you finish it!
Can I take part on an exercise bike or other method?	Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals. ❤️
Someone who is pregnant and wants to know if they can still take part in the challenge	We welcome everyone to take part and we encourage you to adapt to the challenge according to your needs. We do ask that you consult with your doctor or midwife before taking part to ensure that this challenge is suitable for both you and your baby. Please remember that you're more than welcome to adapt the kilometers if needed too ❤️
Can someone else take over from me if I'm away/injured?	Yes! Remember this is your challenge and you can complete it however suits you! If you are struggling to reach your target, friends and family might like to help you get there or you could choose to extend your challenge a little.
I'm not based in the UK, can I still take part?	You are more than welcome to take part wherever you are based in the world. Unfortunately, we can only ship cycle jerseys, and medals to UK addresses.
My cycle jersey hasn't arrived	From the point of ordering your cycle Jersey, it can take up to 10 working days for it to arrive. If you've waited longer than this, please contact us on messenger and we'll look into this for you. Thanks so much for your patience ❤️
How do I raise money?	Facebook Fundraisers are the easiest way to raise money. You can set up a Facebook Fundraiser in a few seconds and then it's really easy to share the page with your Facebook friends. You can also use your Crohn's and Colitis UK personal fundraiser to get donation from people who aren't on Facebook.
Where will my sponsors' money go? Do I have to do anything else to pay in my online sponsorship?	All sponsorship will come directly to Crohn's and Colitis UK. You don't have to worry about this. It happens automatically! Thanks so much for your incredible support! ❤️
My cycle jersey arrived, but I didn't receive a	We're sorry to hear this, thanks so much for letting us know! You can download and print your tracker here:



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distance/fundraising tracker!	https://crohnsandcolitis.org.uk/umbraco/preview/?id=30762 ♥
Does my size run large/small/true to size/do you have a size chart?	Here's a size chart that should help you to decide which is the best size for you. Thanks so much for your support ♥
Why don't you have my size?	We're so sorry that we don't have your size available. Please pop an email over to fundraising@crohnsandcolitis.org.uk , where we'll be able to discuss this with you further ♥
I don't want to fundraise, can I make a donation instead?	Yes, absolutely - you're welcome to make a donation here: https://crohnsandcolitis.org.uk/get-involved/donate . Please ensure you include 'RIDE IT - 300km in April' in the message box, so we can add it to our overall total! Thank you so much for your support 😊♥
My business/employer want to donate/match fund my fundraising. How do they do this?	It's wonderful that your employer would like to match fund you! The process varies a little between companies. If you can pop us an email over to fundraising@crohnsandcolitis.org.uk , we'll be more than happy to provide them with any further information they might need. Thank you so much! ♥
What is the fundraising target?	There is no minimum fundraising target. We only ask that you raise as much as you're able. Your target on your page is set at £150. You're more than welcome to adjust this target according to the challenge you'd like to set yourself!
Can I get an extra cycle jersey?	Unfortunately, we have a very limited stock of cycle jerseys and will only initially be able to supply one jersey per registered fundraiser. Should this change at any stage, details of how to secure an additional jersey will be posted into the Facebook group.
What if I don't reach the fundraising target	There is no minimum fundraising target. The target on your page is set at £150 but you're more than welcome to adjust this target according to the challenge you'd like to set yourself!
I don't want to fundraise on Facebook or use my Crohn's and Colitis personal fundraiser. What else can I use?	Don't worry. You can set-up a JG fundraiser here - https://www.justgiving.com/campaign/rideit2025
How much do I need to raise to get a medal?	We will send an exclusive RIDE IT medal to anyone who raises over £150 on your Facebook, Crohn's and Colitis personal fundraiser or JG page by the end of the challenge. We'll post these out in May, once all the donations have come in.
How do I fundraise as a group?	you can set-up a JustGiving fundraiser here - https://www.justgiving.com/campaign/rideit2025 and fundraise as a team on JustGiving.