

??? Any questions **???** **Check out the FAQs for the Run 60 Miles Challenge:**

Q. When do I get my t-shirt?

We will start sending out t-shirts from Monday 5th August. Please allow up to 10 working days for it to arrive from the date you have registered.

Q. What is the challenge?

We're challenging you to run 60 miles across the 30 days of September. 60 Miles, 30 Days, 1 Mission; better lives today and a world free from Crohn's and Colitis tomorrow.

Q. When does my challenge start?

The challenge starts on Sunday 1st September.

Q. What is a Facebook fundraiser?

A fundraising page that is created for you once you have registered to use within Facebook.

Q. How do I share it with my Facebook friends?

As soon as you register for the challenge, it will automatically appear in your friends' newsfeeds. Then you can post updates on the page and more of your Facebook friends will see it. The more you post, the more people will see it, and the closer you'll get to reaching your goal.

Q. How do my friends donate?

There is a donate button on the Facebook fundraiser, which is simple and quick to use

Q. What is the best way to raise more money with Facebook fundraisers?

Make it personal and make it fun! Post regular updates on your Facebook fundraisers to make people feel involved in your challenge. Post videos. Post selfies. Tag friends. The more likes and comments, the more money you will raise so be as creative as you can be!

Q. How can friends and family donate if they don't have Facebook?

When you registered, we also created a personal Crohn's & Colitis UK fundraiser for you. You can share this with friends and family who wish to donate outside of Facebook.

Q. How do I log my miles?

We've created you your very own digital tracker to keep track of your progress. Join us in Messenger via the link below and from the 1 September you can log your miles by typing menu into Messenger and clicking 'Log miles'