



100 Miles in May FAQs

How do I complete 100 miles?

The choice is entirely yours! You can run, walk, cycle, swim, row, use your wheelchair, your treadmill or even your horse! It is completely up to you how fast you go and what routes you take. The most important thing is to post updates and distances covered to your fundraising page and share your progress within the group! This is your challenge, we want you to do whatever works best for YOU.

Can I do more/less than 100 Miles?

Absolutely! We want the 100-mile target to be more of a guide for you to work with – it will be the perfect distance for many, but might not suit some and that's OK! Please adjust your target to suit your ability.

Do I have to do the 100 Miles all at once?

No! That would be a crazy few days! You have the whole month of May to complete your miles. It is entirely up to you how fast and frequent you complete the distance. The best thing to do is plan in what best suits your lifestyle.

Is it free to sign up?

[Yes – just click here to get started!](#)

Can I start earlier or later than the 1st May?

Sure, if you would like to get a head start, go for it! This challenge is all about you. Complete it whenever you like to best suit your lifestyle.

How can I track my progress?

We've created [a mile tracker which you can download here](#) to tick off your miles as you go. We will also send this out to you with your t-shirt. Make sure you take a picture with your tracker and the handy landmark posters we've included in your pack and post your progress in the Facebook Group.

Can I track my miles digitally?

Of course – many will have smart watches/FitBits that can be used to track activity and lots of phones have inbuilt activity tracking systems to help you monitor your progress. There are Apps which can be downloaded such as Strava to track activity on your phone using GPS. Lots of options! Remember to share screenshots of your activities once completed!

Do I need to provide SCAA with evidence that I've completed the challenge?

We trust you! The best thing to do is update the [Facebook Group](#) with photos of any activities you complete during the month. You can also use the [mile tracker](#) from your welcome pack to help keep track of completed miles.

How do I fundraise?

The easiest way of fundraising for the 100 Miles in May challenge is to set up a [fundraising page on Just Giving](#). We've made this process really simple to do – please click here to create your page, it will take all of 30 seconds!

Do I have to fundraise to take part? If so, how much do I have to raise?

In short, no you don't need to fundraise to be a part of the challenge but we highly encourage you do. Why? It will give you more motivation to complete the challenge and it is such a good way to engage your friends and family with the important work of SCAA. It is completely up to you how much you choose to raise, there are no minimum/maximum requirements, you can change what we pre-allocate to your page once it is set-up. If you don't plan to fundraise, maybe you could consider making a small donation to help us cover the cost of your welcome pack.

I've set everything up – but I can't find the link to my fundraising page.

No problem – just contact us at fundraising@scaa.org.uk or drop us a message in the [Facebook group](#) and we'll reply with a link to your fundraising page which you can then share with friends and family to encourage support.

How and when are the donations sent from Just Giving to SCAA?

Just Giving's payment processing cycle is every 2 weeks, so we don't have to wait very long at all to receive your funds.

I've shared my fundraising page but no one has donated – is there anything I can do?

The easiest way to prompt your family and friends to support your challenge is to directly invite them to your Fundraising page. Click on the invite button and select who you think is likely to donate. We are aware that this is a difficult time to be asking for donations so please just ask your network to donate if they are able to – we really do appreciate any support at this challenging time.

How do I order my free t-shirt?

[Simply complete this form and we will do the rest!](#)

When will my t-shirt arrive?

You should receive your t-shirt before the start of the challenge provided you have completed the registration form and set up your fundraising page. We will be posting t-shirts out once per week, so expect to receive yours within 10 business days.

My t-shirt hasn't arrived yet, what should I do?

If it has been more than 10 days since you registered for your t-shirt and you've still not received it, please contact fundraising@scaa.org.uk and we will follow this up for you.