

WALK 31 MILES IN MARCH FAQs

REGISTRATION

• IS REGISTRATION FREE?

Yes, the registration is completely free. You only need to raise as much money as you can for Roy Castle Lung Cancer Foundation.

• WHERE DO I REGISTER?

You can join the [Facebook Group](#), register [HERE](#), and then follow the link to create your Just Giving or Facebook Fundraising Page.

• MY FAMILY MEMBER/FRIEND WANTS TO JOIN. HOW CAN THEY DO THAT?

That is great! They can join the [Facebook Group](#), register [HERE](#), and follow the link to create their Facebook Fundraising Page.

• WHEN WILL I GET MY SNOOD?

After registration, please allow 10-14 business days for your Welcome Pack and Snood to arrive. These are mailed through Royal Mail.

• I DON'T WANT ROY CASTLE LUNG CANCER FOUNDATION TO SEND ME ANYTHING. CAN I STILL REGISTER AND NOT GET THE WELCOME PACK?

Yes! You can create your Facebook Fundraising Page without ordering a Welcome Pack. You can email community@roycastle.org to let us know.

• IS THERE A DEADLINE TO REGISTER?

The registrations will remain open until midnight on 28/02/25. Please register as soon as possible to avoid missing out!

• IS THERE AN AGE LIMIT TO TAKE PART IN THE CHALLENGE?

No. There is no age limit, but we do want people to feel comfortable and safe. Remember: if you are under 18 you need a parent or a guardian to agree you can participate.

DONATIONS

• CAN I DONATE TO MY OWN PAGE?

Yes, we actually recommend that! Lead by example and ask your friends and family to do the same!

• CAN ONE PERSON DONATE MORE THAN ONCE?

Yes. There are no limits on how many donations one person can make.

• MY FRIENDS DON'T HAVE FACEBOOK.

CAN THEY STILL DONATE TO MY FUNDRAISER PAGE?

Unfortunately, no. But they can donate directly to Roy Castle Lung Cancer Foundation [HERE](#) - or if they send you money directly, you can donate to your own fundraiser and add a note to thank them.

• HOW MUCH DO I HAVE TO FUNDRAISE?

Facebook fundraisers are automatically set-up with a target amount. However, any and all support you can offer goes a long way towards helping Roy Castle Lung Cancer Foundation with their mission of supporting everyone affected by lung cancer.

• MY PAGE STILL HAS NO DONATIONS. HOW DO I MAKE PEOPLE DONATE?

Share your fundraising page with all your friends and post about your journey daily. Additionally, make a donation to your own page to show your support and share why the cause is important to you. Either way, you are spreading awareness about how Roy Castle Lung Cancer Foundation helps those living with lung cancer.

• MY FRIEND IS IN A DIFFERENT COUNTRY AND WANTS TO DONATE. IS THAT POSSIBLE?

If they can't donate through Facebook, they can donate to Roy Castle Lung Cancer Foundation [HERE](#).

• I HAVE COLLECTED MONEY OFF LINE - HOW CAN I SEND THESE DONATIONS?

You can donate the amount to your own Fundraising Page online, if you have the cash. Or you can mail your check made payable to Roy Castle Lung Cancer Foundation to: [Roy Castle Lung Cancer Foundation, The Cotton Exchange Building, Old Hall Street, Liverpool, L3 9LQ.](#)

WELCOME PACK

• MY WELCOME PACK HASN'T ARRIVED YET. WHEN CAN I EXPECT IT TO BE DELIVERED?

Please allow 10-14 business days for delivery. If it has been longer than that, send an email to community@roycastle.org and we will get back to you.

ABOUT THE FUNDRAISING PAGE

• WHERE DO I SET UP MY FACEBOOK FUNDRAISING PAGE?

Just click [HERE](#) and follow the instructions. It is quite simple!

• IS MY FUNDRAISER PAGE PUBLIC?

Yes, once you set up a Fundraising Page any of your friends and family can donate and share!

• CAN I EDIT THE INFORMATION TO MAKE IT IN MEMORY/TRIBUTE OF MY FAMILY MEMBER/FRIEND?

Yes, you can. There is an edit (or manage) button on your fundraiser page where you can make your tribute and edit all information.

• MY PAGE HAS ENDED. HOW CAN I FIX THIS?

Unfortunately, once your page is finished you can't reactivate it.

You need to start a new one [HERE](#).

• IF IT'S A FACEBOOK FUNDRAISER, CAN I SHARE MY PAGE OUTSIDE FACEBOOK?

Yes, you can! But donations to your Fundraising page must be made by those with a Facebook account. Those without a Facebook account can donate [HERE](#).

ABOUT THIS SPECIFIC CHALLENGE

• HOW DO I TRACK MY PROGRESS?

You will receive an activity tracker sheet in your welcome pack or can print one from the Facebook group. You can find it under the Files menu or in the Featured Posts at the top of the page. Feel free to use any fitness trackers you already have too. Use whatever suits you best.

• CAN I START THE CHALLENGE WITHOUT MY TRACKER?

Yes, you can. When you do get your tracker we recommend you post pictures of it to your fundraising page as you progress through your challenge.

• CAN I START EARLY OR FINISH LATER?

We ask for the challenge to be set in March but we understand that other responsibilities can get in the way.

• CAN I DO MORE THAN 31 MILES?

If you feel like you can kick it up a notch, yes you can!

• WHAT IF I FAIL TO COMPLETE THE CHALLENGE?

We would love to see everyone complete the challenge, but we understand that circumstances can change. Please don't force yourself.

• IF I GET INJURED, CAN I FINISH LATER OR GIVE UP?

Unfortunately, with physical challenges, injuries are likely to happen. Please seek medical advice if you experience any discomfort and always follow health guidelines.

**DO NOT HESITATE TO GET IN TOUCH IF YOU HAVE ANY QUESTIONS,
AND GOOD LUCK!**

0333 323 7200

community@roycastle.org