

100km in September – FAQs

How does it work?

Complete 100km during the month of September and help us raise vital funds for St John's Hospice. Run, walk, cycle, swim – whichever way you prefer!

How do I register?

1. Join our 100km in September [Facebook group](#) to find out how to take part.
2. Register for your [free t-shirt](#).
3. Set up your [Facebook fundraising page](#).
4. Invite friends and family to take on the challenge with you.
5. Complete 100 km in September and raise vital funds to keep us caring.

Not on Facebook? We've got you covered. Head over to [our JustGiving campaign](#) to set up your fundraising page. *Please note, challenge updates will be shared in the Facebook group.*

Is there a registration fee?

There is no charge to join in this challenge and each participant will receive a free St John's Hospice running t-shirt!

How do I get my t-shirt?

Complete the registration form [here](#)

My t-shirt hasn't arrived yet!

T-shirts will be posted out every Monday. Please allow 14 working days from the day of registering to allow your t-shirt to be processed, packed and posted! If you have still not received it please email facebookchallenges@sjhospice.org.uk

I'm not on Facebook – can I still take part?

If you're not on Facebook you can fundraise through JustGiving and register for your t-shirt [here](#). Please keep in mind that most updates will be shared via the Facebook group though.

Is there a fundraising target?

There isn't a set fundraising target, but we do challenge you to raise £160 per person, which is roughly how much it costs to provide a night sitting respite service in the community for a patient and their carer.

We would love it if you could use this challenge as an opportunity to raise funds which allow us to care for our patients and their families. Setting up a Facebook Fundraiser is a simple and effective way to do this. Create yours [here](#).

How do I edit my fundraiser?

Go to your fundraising page and Click "Edit" under the main image and headline. Make sure that the end date is set to after the challenge finishes!

We would also encourage you to share photos and updates of your challenge on your page to encourage your friends to donate!

How do I track my progress?

You can use our handy tracker which will be sent out with your t-shirt. Alternatively, you can download one [here](#).

Do I need to send proof of my progress?

No, you do not need to send us proof or verify your activity. It's your responsibility to track your challenge.

We'd love to see your challenge updates, videos, and photos in our Facebook group, so please do share your journey here!

What happens after I sign up?

The entire challenge will be hosted on the Facebook Group. You will be able to chat with other Hospice Heroes and discuss your top tips and post about your amazing challenge.

Will I receive a welcome pack?

You will receive your t-shirt and tracker in the post but as this is a virtual challenge all other resources and information will be accessible digitally. [You can view these items here.](#)

Can we take part as a team?

Yes of course! Just set up and share one person's Facebook fundraiser page and individually register for your t-shirts.

Can my friends and family join?

The more the merrier! Just share the Facebook group link with anyone who would like to join.

I live outside the UK – can I join?

Yes – you can join from anywhere in the world! Unfortunately, we aren't able to post internationally, but you can download and print all our fundraising and [event resources here](#).

Is there a minimum age for taking part?

As this event is hosted on Facebook, we ask that all participants who sign up for this are aged 18 or over. However, if you have younger people wanting to take part in the challenge with you we can provide a children's t-shirt. Just email facebookchallenges@sjhospice.org.uk

How will my fundraising help St John's Hospice?

Around one third of funding is from the NHS, for the remaining two thirds we rely on donations from our amazing community. Every penny raised makes a difference to our work, enabling our charity to work 24 hours a day, 365 days a year offering care, compassion and support during one of the most difficult times people face. Your fundraising will help us fund a range of services in the Hospice and in patient homes across North Lancashire, the South Lakes and areas of North Yorkshire.

Do I have to create my fundraiser through Facebook?

If you prefer you can create an online fundraising page through JustGiving [here](#). Alternatively, we have a sponsor form which can be used to collect offline donations. [Download your form here.](#)