

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, hop, skip, jump – 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 & tracker & set up your fundraising page [here](#).
3. Invite friends and family to take on the challenge with you.
4. Complete 100km in September and raise vital funds to keep us caring.

Not on Facebook? No problem, you can set up for fundraising page with JustGiving too!

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, raise £100 and claim a FREE pair of our SJH socks.

How do I get my t-shirt?

Complete the registration form [here](#) you can then collect your t-shirt from our hospice reception or choose to have it posted. If you are collecting, we will let you know when it's ready, if you have chosen to have it posted please allow 14 days.

My t-shirt hasn't arrived yet!

If you have requested for your t-shirt to be posted, 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 by then, 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 instead. Although please keep in mind that most updates will be shared via the Facebook group.

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 Fundraiser is a simple and effective way to do this. If you haven't already you can create your fundraising page [here](#).

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 participants and discuss your top tips and post about your amazing challenge; we would love you to get involved and share photos as you go.

Will I receive a welcome pack?

You will receive a t-shirt and tracker 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 or JustGiving fundraiser page and individually register for your t-shirts without creating a fundraising page.

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 quarter of funding is from the NHS, for the remaining 3 quarters 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.

Can I join the challenge without creating an online fundraising page?

As this is a digital challenge, we would encourage you to have an online fundraising page on either Facebook or JustGiving however, you can download a paper sponsor form [here.](#)