

Walk 30 miles in November Frequently asked questions.

1. How far do I have to walk?

The challenge is to walk 30 miles across November's 30 days so on average, 1 mile a day.

2. Do I have to walk 1 mile a day?

Not at all! This is your challenge, and you can take part in whatever way suits you best. Walk 1 mile a day, walk multiple miles each weekend, or plan a couple of bigger adventures to knock off bigger chunks. How you complete your 30 miles is entirely up to you.

3. Do I have to walk, or can I complete the challenge in other ways?

Yes, of course. You can cover this distance any way you want to if walking is not suitable for you.

4. How many steps is a mile a day?

A mile is around 2,000 steps .

5. How long does it take to walk a mile?

The average person takes between 15-20 minutes to walk 1 mile.

6. How do I track how many miles I walk?

Most phones have activity trackers built in – check your phone health apps for this. Strava is a good app to download and track distances. Some watches can track distances too. Or you can estimate it using the timings or steps above.

7. How do I use the activity tracker?

Your free activity tracker allows you to record how many miles you have walked each day. At the end, tally up the amount of miles walked to see your final total.

8. How do I sign up?

You can sign up using this link: <https://givp.nl/register/i3si6G69>

9. How do I get my free t shirt?

Your free t shirt will automatically be sent to you once you have created a fundraising page.

10. I registered and chose to not set my fundraising page up at the time. How do I create a fundraising page now?

You can create your fundraising page using this link: <https://givp.nl/fb/i3si6G69>

11. I created a fundraising page but now I can't find it. What do I do?

Get in touch on events@theros.org.uk and we can help you locate your fundraising page.

12. How much do I have to fundraise?

Please just fundraise as much as you can! There's no set target, and every penny you raise will help make a life changing difference to people with osteoporosis.

13. I have raised money in person. How do I get this to you?

Get in touch on events@theros.org.uk and let us know if you have funds to bank. We can send you details on how to do this.

14. I don't have Facebook. Can I still take part?

Yes, you can. Sign up and create a fundraising page on a different platform – your registration form will offer you a chance to create a JustGiving page. Not using Facebook will just mean you won't be part of the Facebook group.

15. Why is there a Facebook group?

This event is run on Facebook and we are using a group to keep everyone up to date. You can meet other people doing the challenge here, and you can motivate one another to complete your 30 miles.

16. Do I have to join the Facebook group?

You don't have to but we would advise it.

17. I don't want to create a Facebook fundraiser. Can I use a different platform?

Yes, we recommend JustGiving. The link to create a page for this event is [here](#). Please make sure you have registered for the event first [here](#).

18. Do I have to pay to sign up?

No, it's free to sign up.

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