

My Mighty Miles Frequently asked questions.

1. How far do I have to walk?

Choose from one of our four distance options – 1 mile, 3.5 miles, 6 miles, or a Mighty Marathon, 26.2 miles.

2. Do I have to walk my distance in one go?

This is your challenge to complete anyway you can. While the event mainly promotes that you try and walk your chosen distance in one go, you are more than welcome to split it over a few days if that suits you better.

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. If you are a wheelchair user, challenge yourself to cover your chosen distance in your chair. If walking is not the best exercise for you, feel free to run, swim, cycle or even skip the distance!

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

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

5. How do I track how far I've walked?

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. We advise that you research your route and plan ahead when organising your own walk – google maps is great for this.

6. How do I get my welcome pack posted to me?

Your welcome pack will be posted to you after you register. If you have requested a celebration pack, this will be included in the post.

7. How do I sign up?

You can sign up on our website:

8. What will I get?

All participants will be sent a free team ROS t shirt, a dedication back sign, a fundraising pack full of tips and ideas, and there is the option to request a celebration pack for your finish line.

9. How do I earn a medal?

If you raise £100 by the 30 September, we'll send you a celebratory medal in the post to commemorate your success.

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

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

11. I don't want to set up a fundraising page, can I still take part?

Of course – you're welcome to fundraising using sponsorship forms or collection tins. If you need any of these, email us at fundraising@theros.org.uk and we will get them to you.

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 fundraising@theros.org.uk and let us know if you have funds to bank. We'll then send you details on how to do this.

14. Why is there a Facebook group?

The Facebook group is a place to meet other walkers, connect with people across the UK taking part, and get that extra bit of motivation to keep going during your challenge. You don't need to be a part of the group if you'd prefer not to join.

15. Do I have to pay to sign up?

No - it's free to sign up!

President: HRH The Duchess of Cornwall
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