Frequently Asked Questions: 100km Dog Walk in October Facebook Challenge

About Guide Dogs

Guide Dogs is the world's largest assistance dog organisation. As world leaders in puppy socialisation and dog training, we're the only organisation to breed and train guide dogs in the UK. We're also the largest employer of specialists dedicated to helping children and young people overcome the challenges of sight loss.

Over the years we've developed a wide range of services with and without dogs to support people living with a vision impairment. Children and adults. Friends and family. Whoever you are, our expert staff, dedicated volunteers and life-changing dogs are here to help people with sight loss live actively, independently, and well.

What is the Challenge?

The challenge is to walk 100km during the month of October with your dog while raising funds for Guide Dogs.

Do my miles have to be done in October? Can I do more than 100?

We aim to walk 100km with our dogs during October, but you can start and finish a bit early, or change the Challenge quantity, to hit your own goals!

How do I track my progress?

You can use this **challenge tracker**, which is also linked in the **Facebook Group**. Just record how many miles you do at the end of each day. Don't forget to post in the Facebook Group **here** and let us know how you are getting on!

Is there an app I can use to track my miles?

You can use your preferred fitness tracking device to do this. People taking on these challenges have previously used Strava, FitBit and Apple Health apps. You can connect Strava to your Fundraiser.

How do I know I've completed the challenge?

As part of this challenge, you will be asked to set up a '100km Dog Walk' Fundraising Page for Guide Dogs, where you can post the miles you complete to keep your donors up to date. You can also track your progress on our **challenge tracker** so you know once you've completed the challenge.

How do I get my dog bandana and challenge medal?

You can register for the dog bandana **here**. Everyone who fundraises will be sent a Guide Dogs bandana, and everyone who reaches the target of £150 will be sent a challenge medal to thank them for their efforts.

How can I join the Facebook group?

You can join the **Facebook Group** here. Don't forget to post and introduce yourself!

How do I set up a fundraising page?

When you sign up **here**, your fundraiser is automatically created for you.

How do I find my fundraiser?

You can search your name or login to your account to find your page.

Can I donate instead of fundraising?

Yes, that is no problem. Once you register and create your fundraising page, you can make a self-donation to your page. That way, you'll still receive your challenge dog bandana.

I still have not received my dog bandana or challenge medal.

Guide Dogs will only be providing a dog bandana to those who receive their first donation, and a challenge medal to those who raise £150 or more in funds throughout this challenge. Please allow up to 5-7 working days after your first donation for your dog bandana or challenge medal to arrive. This is a large fundraising event, so we thank you for your patience.

Can I take part in this challenge with friends or family?

Yes, you can complete this challenge with friends and family. In fact, it is a great way to enjoy lots of healthy, competitive fun. We would recommend that each individual who wishes to take part register so that they can qualify for their dog bandana.

Can I take part in this challenge with colleagues?

Yes, you can complete this challenge as an organisation or work group. In fact, it is a great team bonding exercise and lots of healthy, competitive fun.