

## Run 60 FAQs

### How does the challenge work?

Participants are challenged to **Run 60 Miles in September** to raise funds for **Crohn's and Colitis UK**. The challenge officially starts on **1st September**.

### Is there a registration fee?

Nope, this event is FREE for anyone to take part! However, every day we so any money you can raise will go towards critical research and support services for Crohn's & Colitis UK.

### What's the registration deadline?

There is no registration deadline, but the **t-shirt** offer is available whilst stocks last, so we recommend you or any friends/family join the challenge as early as possible to avoid any disappointment!

### How do I get my technical t-shirt?

Once you have raised £10 on any of the fundraising pages that were created when you registered, we will automatically send out your t-shirt to the address supplied on registration.

### My partner/family/colleagues want to join in too! How do they register? Can they have a separate fundraising page?

That's brilliant! You can send them this link to register for the challenge:

<https://socialsync.app/flw/entry/cmp-73epk16r4wnx>

They can have a separate fundraising page.

### What if I don't complete the challenge?

The only thing that matters is that you challenge yourself. However much you achieve, we're so grateful for your support and for raising much-needed funds for Crohn's & Colitis UK.

### Is there an age limit?

No. You can take part if you're 10 or 110! But if you're under 16, you will need a parent or guardian to sign you up for the challenge. Please email [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk) with permission from your parent or guardian.

### Can I donate to my fundraiser?

Absolutely! We recommend making a small donation to yourself if possible to help kickstart your fundraising! Remember, every £10 could provide Patient Information

Packs to 6 people newly diagnosed with Crohn's or Colitis, and also trigger your Free t-shirt. Thanks so much for your amazing support!

### **Can I get an extra tracker?**

Of course - no problem at all! You can download a copy of our distance tracker poster here: [Run60 Activity Tracker - Google Drive](#)

### **Can I take part in a wheelchair or mobility scooter?**

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals.

### **Can I change the challenge to suit my needs?**

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals.

### **Can I take part on an treadmill or other method?**

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals. 💖

### **Do I have to be super-fit to take part?**

Absolutely not! This is your challenge, so you can do it any way you like. If you'd like to use all **30** days in September to spread out the miles or do it one week, that's absolutely fine. If you have any concerns, please talk to your doctor before taking part in this challenge. The challenge should be completed however is best for your physical ability.

### **Is it safe for me to do running?**

We have a physical activity page that contains information on being active with Crohn's or Colitis. How to stay active and keep fit whilst living with Crohn's or Colitis.

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/being-active-with-crohns-or-colitis>

### **Is it safe for me to take part in the Run 60 challenge if I have concerns about fatigue, joint pain, or needing the toilet urgently?**

We understand that exercise can raise concerns, especially around fatigue, joint health, and the urgency to use the toilet. While many find physical activity helpful, it's important to listen to your body and not push yourself if something doesn't feel right.

We can't advise on individual suitability, so if you're unsure, we recommend speaking to your IBD team or healthcare professional. For general information about staying active with IBD, fatigue, and joint issues, you can find helpful resources on our website:

## **Fatigue**

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/symptoms/fatigue>

## **Joints**

<https://crohnsandcolitis.org.uk/joints>

### **Does my daily/weekly run/workout count?**

This is your challenge, and we encourage you to do it your way - some people will do it as part of their usual workout, and others might choose to add this in addition. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. You should feel satisfied when you finish it!

### **Someone who is pregnant and wants to know if they can still take part in the challenge**

Congratulations! We absolutely welcome everyone to take part, and we encourage you to adapt the challenge according to your needs. We do ask that you consult with your doctor or midwife before taking part to ensure that this challenge is suitable for both you and your baby. Please remember that you're more than welcome to adapt the miles if needed, too.

### **Can someone else take over from me if I'm away/injured?**

Yes! Remember, this is your challenge and you can complete it however suits you! If you are struggling to reach your target, friends and family might like to help you get there, or you could choose to extend your challenge a little.

### **I'm not based in the UK, can I still take part?**

You are more than welcome to take part wherever you are based in the world. Unfortunately, we can only ship **FREE t-shirts** to UK addresses.

### **My T-Shirt hasn't arrived**

From the point of raising £10 and ordering your technical top, it can take up to 10 working days for it to arrive. If you've waited longer than this, please contact us via email - [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk) - and we'll look into this for you.

### **How do I raise money?**

When you registered, we created you a Facebook fundraising page and a Crohn's & Colitis UK fundraising page. Your Crohn's & Colitis UK page will show your total raised across both of your fundraising pages, and your Facebook fundraiser will show your total raised via Facebook only. We recommend sharing your fundraising pages with

friends, family, and colleagues, and let them know why you're taking on the Run 60 Miles in September Challenge.

**I don't want to fundraise on Facebook or use my Crohn's and Colitis personal fundraiser. What else can I use?**

Don't worry. You can set-up a JG fundraiser here:

[www.justgiving.com/campaign/run60challenge2026](http://www.justgiving.com/campaign/run60challenge2026)

**Where will my sponsors' money go? Do I have to do anything else to pay in my online sponsorship?**

All sponsorship will come directly to Crohn's & Colitis UK. You don't have to worry about this. It happens automatically!

**What % of the money does Facebook take?**

Meta will charge a 1.4% + £0.20 processing fee. All donations are greatly appreciated and will go directly to Crohn's & Colitis UK.

**Can I get an extra T-shirt?**

Unfortunately, we have a very limited stock of **t-shirts** and will only be able to supply one t-shirt per registered fundraiser. Please contact us here if you'd like to get in touch: [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk)

**I was sent the wrong-sized t-shirt**

We're sorry to hear this. Please send an email to us at [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk) and we'll get that sorted for you!

**I don't want to fundraise, can I donate instead?**

Yes, absolutely - you're welcome to donate here: <https://crohnsandcolitis.org.uk/get-involved/donate> . Please ensure you include 'Run 60 miles in September' in the message box, so we can add it to our overall total!

**My business/employer wants to donate/match funds for my fundraising. How do they do this?**

It's wonderful that your employer would like to match fund you! The process varies a little between companies. If you can pop us an email over to [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk) we'll be more than happy to provide them with any further information they might need.

### **What is the fundraising target?**

We only ask that you raise as much as you're able. Facebook automatically sets the target on your page at **£150**. You're more than welcome to adjust this target according to the challenge you'd like to set yourself!

### **How much do I need to raise to get a medal?**

We will send an exclusive Run 60 medal to anyone who raises over £150 on your Facebook, Crohn's, and Colitis personal fundraiser or JG page by the end of the challenge. We'll post these out in October, once all the donations have come in.

### **What if I don't reach the fundraising target**

If you don't reach the fundraising target, that's no problem. Every penny counts and will help **build a world free from Crohn's and Colitis**.

### **How do I pay in offline donations?**

You can either donate the money to your own fundraising page or directly to our bank account.

#### **Bank Transfer**

Account name: Crohn's & Colitis UK

Account number: 00892491

Sort Code: 30-97-25

Branch: Lloyds Bank

Please ensure you reference your full name + Run60.

#### **Via our website**

Head over to our website and click "Make a donation" and choose 'Or pay in your funds raised' and select the option 'I'm paying in money from an event or fundraiser' when prompted.

Please ensure you reference the name of the challenge – Run 60.

#### **Via cheque**

You can send a cheque payable to: Crohn's & Colitis UK along with any sponsor forms to: Crohn's & Colitis UK, 1 Bishops Square, Hatfield, AL10 9NE.

Please ensure you send a letter with your cheque, referencing your name and the challenge you completed.

#### **Via phone**

You can call our friendly team on 01727 830038 to make your donation over the phone.