

## Got Questions ? We've Got Answers!

Check out our FAQs below for the **150-Mile Cycle Challenge**. If you don't find your answer here, drop a comment 📩 and we'll get back to you ASAP!

### Q: How does this work?

A: This is a virtual challenge supporting the American Heart Association! Join our community in cycling 150 miles this September to raise awareness and fund lifesaving research, advocate for healthier communities, improve patient care, and work for equitable health for all people.

🌟 **Share your fundraiser with your Facebook friends and ask them to support our mission! Fundraise now through September 30. Get started [here](#).**

Click the link above > Select "Get Started!" > "Create"

💎 **Join us in Messenger to earn your challenge badge and receive challenge updates and coaching:**

### Q: How do I share my Facebook Fundraiser on Instagram?

A: It's easy! Just visit your fundraiser page (link [HERE](#)) and click "Share". Then, select "Share to your Instagram story" to get started today! 📸

*Click the link above > Select "Get Started!" > "Create"*

### Q: Why haven't I received my medal?

A: Medals will be shipped in two batches to all participants who raise \$150 or more on their fundraiser and will be sent to the address provided upon signing up:


**Batch 1:** Shipped the first week of September for anyone who reaches \$150 or more by August 31.

**Batch 2:** Shipped the first week of October to the remainder who raised \$150 or more by September 30.

📦 Please allow 8 weeks for shipping and handling from the date of your batch's shipment;

*If you haven't already, create your challenge fundraiser today, click [HERE](#).*


### Q: When and how do I log my miles?

A: Log your miles using your preferred activity tracking app, such as Strava (link below).  Track your progress from September 1-30:

<https://www.strava.com/>


You can do your activity virtually with a friend or solo, and at your own pace and level of comfort. *(Please check with your physician before participating in this challenge.)*


**Q: Can I do a different activity?**

A: While the challenge is designed for cycling (indoors or outdoors), if you want to do another activity, you're more than welcome! We're grateful to have everyone involved at their own physical level of comfort. 

**Q: What if I started a Facebook fundraiser for the American Heart Association, but not specifically for the challenge?**

A: No worries! You can end your previous fundraiser by clicking the three dots icon on your fundraiser page and selecting "End Fundraiser", then "Delete Fundraiser".

**Tip: If you create a new fundraiser for the challenge, your efforts will be tracked and attributed directly to this event. All funds raised will support the American Heart Association!** 

 *Still having trouble viewing the fundraiser link above? Try our secondary link [here](#).*

**Thank you for being part of this amazing challenge community!** We can't wait to see the incredible progress you'll make while supporting the American Heart Association. Let's do this together! 