


## Got Questions ? We've Got Answers!


Check out our FAQs below for the **30-Mile Outdoor 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 taking on 30 outdoor miles your way 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: 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.

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

A: Yes! You can choose to move however you want to in September—walk with your dog or a friend, run, hike, cycle, roll, swim, or any other way you prefer to move! Make this challenge your own and get involved at your own level of comfort. Choose to take on the same type of activity each day or mix it up throughout the month!

**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! 🌟