

30-Mile Walk/Run Challenge

June Facebook Challenge FAQ

Complete 30 miles your way this month while raising funds for the American Heart Association. Walk or run at your own pace, track progress, and invite your network to support your fundraiser. Every mile helps fight heart disease and stroke.

About the Challenge

What is the 30-Mile Walk/Run Challenge?

The 30-Mile Walk/Run Challenge is a virtual, month-long fundraiser where participants complete 30 miles while raising funds through Facebook.

How does the challenge work?

- Join the challenge group
- Create your fundraiser
- Complete your miles
- Share progress and invite support

When does the challenge take place?

It runs throughout June.

Where can I participate?

This virtual challenge can be completed anywhere—outside, on a treadmill, or wherever works best for you.

Do I have to complete all 30 miles?

No. The goal is flexible and can be adjusted to fit your schedule and fitness level.

How do I track my progress?

Use any method you prefer, including fitness apps, wearables, or manual tracking.

How do donations work?

Once your Facebook fundraiser is set up, friends and family can donate directly. All proceeds go to the American Heart Association.

Why It Matters

Your participation helps fund research, improve patient care, and support prevention efforts to reduce the impact of heart disease and stroke.