

Questions About the Challenge ?

Here are the most commonly asked questions about the **100 Lap Swim Challenge**.

Q: How does the challenge work?

A: This is a virtual challenge supporting the American Heart Association! Join our online community in swimming 100 laps this November to raise awareness and fund lifesaving research, advocate for healthier communities, improve patient care, and work for equitable health for all people.

Here's how to get started:

1 Create your fundraiser (link below) and share it with friends and family to support our mission.

 Fundraise through December 2.

Select "Get Started!" > "Create"

2 Join our Messenger community!

After you start your challenge fundraiser, click below to begin your fundraising coaching journey and receive tips throughout November:

You can participate solo or with a friend or family member, at your own pace and comfort level.

Q: How do I share my Facebook fundraiser on Instagram?

A: Go to your fundraiser page, click "Share", then select "Share to your Instagram Story" to spread the word! 

Q: When and how do I log my laps?

A: Track your activity from November 1-30 using our Digital Challenge Tracker (link below), or any activity tracking app or method you prefer.

Q: Can I do a different activity?

A: While the challenge is designed for swimming, 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: Why haven't I received my medal?

A: Medals will be shipped in two batches to all participants who raise \$100 or more on their fundraiser and will be sent to the address provided upon signing up:

Batch 1: Shipped the first week of November for anyone who reaches \$100 or more by October 31.

Batch 2: Shipped the first week of December to the remainder who raised \$100 or more by November 30.

 Please allow 2 weeks for shipping and handling from the date of your batch's shipment.

If you haven't started fundraising yet, start here 

Q: What if I already started a fundraiser for the American Heart Association?

A: No worries! To ensure your fundraising counts toward this challenge, simply end your previous fundraiser:

- Click the three dots (...) on your fundraiser page
- Select "End Fundraiser", then "Delete Fundraiser."

💡 If you create a new fundraiser for the challenge, your efforts will be tracked and attributed directly to this event. Rest assured, all funds raised will support the American Heart Association.

Thank you for supporting the American Heart Association and being part of this challenge! ❤️ We can't wait to see your impact—every dollar and every lap truly makes a difference.