

## Got Questions We've Got Answers!

Check out our FAQs below for the **60-Mile Walk/Run 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 **walking or running 60 miles this November** 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 December 2. Get started here:**

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

 **Join us in Messenger to get your Digital Challenge Tracker, earn your challenge badge when you start a fundraiser and raise \$5 or more, and receive challenge tips, updates, and coaching:**

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

A: It's easy! Just visit your fundraiser page (link below) 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 our Digital Calendar Tracker (link below) or your preferred activity tracking app, such as Strava.  Track your progress from November 1-30:

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: While the challenge is designed for walking/running, we welcome anyone who wants to participate in other activities! Whether you're swimming, cycling, or doing something else, you're welcome to get involved and challenge yourself at your own 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! 🌟

**[#FundraiseForACause](#) [#ChallengeAccepted](#) [#GetActive](#)**