

TheWallich100 Miles in April 2024 Frequently Asked Questions

Registration process

Is the registration free?

Yes, the registration is completely free, there are no costs to take part in the challenge. You only need to raise as much money as you can for The Wallich.

Where do I register?

You can register on our website [TheWallich100 - Register](#) doing this will ensure we can get your free bucket hat to you and attribute any funds raised from your challenge to you. Joining the Facebook group [TheWallich100 - Facebook group](#) is the next step to preparing for the challenge.

My family member/friend wants to join. How can they do that?

Great! They can also register through our website [TheWallich100 - Register](#), join the Facebook group [TheWallich100 - Facebook group](#), and create their Facebook fundraising page [TheWallich100 – Facebook Fundraiser](#).

When will I get my bucket hat?

After you reach £10 in donations on your fundraising page, please allow 10-14 business days for your bucket hat to arrive. Bucket hats are mailed through the Royal Mail. If it has been longer than that, send an email to dosomething@thewallich.net, and we will get back to you.

I don't want The Wallich to send me anything. Can I still take part and not get the bucket hat?

Yes! When you register on the form, feel free to check the “No bucket hat” option, and we won't send anything to you in the mail.

Is there a deadline to register?

The registrations will remain open until midnight on 31st March. Please register as soon as possible to avoid missing out!

Is there an age limit to take part in the challenge?

No, there is no age limit, but we do want people to feel comfortable and safe.

Remember: if you are under 18 you need a parent or a guardian's permission for you to participate.

About the fundraising page

Where do I set up my Facebook fundraising page?

Just click [TheWallich100 – Facebook Fundraiser](#) and follow the instructions.

Is my fundraising page public?

Yes, once you set up a Facebook fundraising page, any of your friends and family can donate and share.

Can I edit the information to make it in memory/tribute of my family member/friend?

Yes, you can. There is an edit/manage button on your fundraiser page where you can edit your information and make your tribute.

My page has ended. How can I fix this?

Unfortunately, once your page is finished you can't reactivate it. If you would like to start another Facebook fundraiser for another challenge you would like to take on, you can do so! Get in touch if we can help dosomething@thewallich.net.

Donations

Can I donate to my own page?

Yes, we actually recommend that! Lead by example and ask your friends and family to do the same.

Can one person donate more than once?

Yes. There are no limits on how many donations one person can make.

My friends don't have Facebook. Can they still donate to my fundraiser page?

Unfortunately, no. But they can donate directly to The Wallich donate page. [The Wallich - Donate](#) (ask them to mention that the donation is for your fundraiser, and we can include the amount in your total) Alternatively, if they give/send you money directly, you can donate to your own fundraiser and add a note to thank them.

How much money do I have to fundraise?

The aim of the challenge is to raise £100 while covering 100 miles. However, any and all support you can offer goes a long way towards helping The Wallich with their mission of making homelessness history in Wales.

My page still has no donations. How do I encourage people to donate?

Share your fundraising page with all your friends and family, and post updates about your journey daily. Additionally, you can make a donation to your own page to show your support of The Wallich and share why the cause is important to you.

Either way, you are spreading awareness about how The Wallich helps people experiencing homelessness in Wales.

My friend is in a different country and wants to donate. Is that possible?

They may be able to donate through Facebook, depending on their location. If they can't donate through Facebook, they can do so via The Wallich donate page. [The Wallich - Donate](#)

I have collected money offline – how can I send these donations to you?

You can donate the amount to your own Fundraising page online if you have been given cash.

Or you can post your cheque made payable to The Wallich to:

The Fundraising Team,
The Wallich – Cardiff Hub
1st Floor,
18 Park Place,
Cardiff,
CF10 3DQ

Please do not send cash in the mail.

About this specific challenge

How do I track my progress?

You will receive a printed mile tracker sheet in the mail with your bucket hat, or you can print one from the files in the Facebook group. (Just ask if you can't find it)
Feel free to use any fitness trackers you already have too – use whatever suits you best.

Can I start the challenge without my printed miles tracker?

Yes, you can. When you do receive the tracker, we recommend you post pictures of it to your fundraising page as you progress through your challenge.

Can I start earlier or finish later?

We ask for the challenge to be set in April, but we understand that circumstances can change. Please don't force yourself if you're unable to stick to the guidelines.

Can I do more than 100 miles?

If you feel like you can kick it up a notch, absolutely you can!

What if I fail to complete the challenge?

We would love to see everyone complete the challenge, but we understand that circumstances can change. Please don't force yourself.

If I get injured/sick, can I finish later or give up?

Unfortunately, with physical challenges, injuries are likely to happen. Please seek medical advice if you experience any discomfort and always follow health guidelines.

Do I have to provide proof of completion?

Absolutely not – we trust you! It's a great idea to post updates on your progress to your fundraising page to let your supporters know how you're getting on with your challenge.

I am feeling sore. Can I stop for one day and keep going later?

Feeling sore can absolutely happen when taking on a challenge like this. Please allow yourself a day or more of rest, stretch before and after your activity, and seek medical help if necessary.

What if I can't complete the challenge?

That's absolutely fine, we know life can get in the way. Don't feel discouraged, we are grateful for your support and help in raising whatever you can and building awareness!

If you have any other questions, queries, or concerns, you can always post them in the Facebook group and someone from The Wallich will respond, alternatively you can email the team at dosomething@thewallich.net – we're here to support you.