

**Cystic  
Fibrosis Trust**



## Frequently Asked Questions Great Strides™ My Way (Virtual)



### What is Great Strides™, My Way?

Plan your own walk wherever you choose and take part in the event virtually.

Register for the virtual event and join Team CF and take on Great Strides™ in your own chosen location on 11 June 2022 for a 65km walk or on 18 June 2022 for a 40km walk. Simply choose your distance and get your trainers or walking boots on!

### Is there a registration fee and sponsorship target?

The registration fee is £35 per person. Early bird tickets (before 14 Jan 2022) cost £25. This will ensure you're fully signed up and will have full access to the leader boards, email newsletters, a special walker's shirt before the event day, and a bespoke medal after you have completed your walk.

If you're walking with a group or a team, everyone will need to sign up individually to receive all the benefits.

The sponsorship target is £250 per person. £150 could support an individual or family in financial difficulty with a grant for basic essential and £200 could buy exercise equipment for someone with CF, ensuring they maintain their daily treatment regime and stay healthy.

Please get in touch if you're concerned about the fundraising goal – we'll be sure to support you every step of the way.

### 40km and 65km are a long way, can I split the distance with others?

Of course! As long as each team member signs up to the event, you can complete the distance however you like on the specified date. For example, each member in a team of four could walk 16.25km to complete the 65km distance!

### How do I organise my own route?

There are fantastic websites available to help plan your walk – simply take a look at your support documents [here](#).

Why not plan your route around some beautiful local attractions?

### What is Enthuse and why am I using it for this challenge?

Enthuse is the fundraising platform we use for this event, which enables you to sign up, create a personalised fundraising page and have access to the event.

Please note all participants will need to use their Enthuse fundraising page for this event. You'll also be able to:

- See how many walkers are taking part virtually with you
- See how much money you and your team have raised
- Check out the top fundraisers
- Share the distance between your team

### What will happen on the day of the virtual event?

On the day you'll complete your distance on your own or as a team, or by splitting the route between members of the team.

We'll also be supporting you on the day with personal messages of support via social media! Don't forget to tag us! **#greatstridesmyway**

### Do I get a t-shirt?

Yes, we will send you a branded shirt to wear with pride on the big day.

### Do I get a medal?

Yes, you will receive a bespoke medal in the post after your walk.

### Can I get a refund if I cancel?

Unfortunately, if you cancel your place, you will not be granted a refund. Take a look on our [website](#) for more help with the event, training and fundraising.

We look forward to you joining Team CF for Great Strides™ in 2022!

