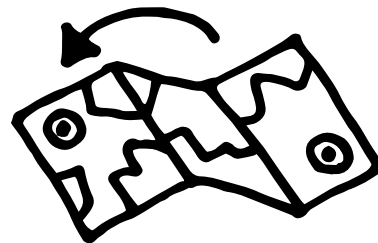


**Cystic
Fibrosis Trust**



Frequently Asked Questions – General

Everything you need to know about Great Strides™!



How fit do I need to be?

Both distances can be a challenge, but with correct training anyone can take part. Don't forget you can create a team and split the difference? Why not take advantage of our exclusive training guide, where our personal PT Graeme will be providing you with plenty of hints and tips?

Plus, you will have exclusive access to the training hub and plenty of information on injury prevention and nutrition too!

Do I need any kit for my walk?

A full kit list will be in your support documents [here](#), and we recommend you carry the mandatory items listed.

I'm worried I won't meet the minimum sponsorship, any advice?

Team CF is one big team and we're here to help you every step of the way.

You'll receive lots of support from the moment that you sign up, and our friendly team is always on hand, if you need us.

We have plenty of top tips and fundraising ideas to help you reach your fundraising goal.

When does registration close?

Registration closes three weeks before the event date so please ensure that you register soon so you can get that training in!

How do I collect sponsorship and what if I can't reach my target?

One of the quickest and easiest way to collect sponsorship is through donations directly to your Enthuse fundraising page. Any donations on your page will come directly to us.

You can also accept offline donations for your challenge. Download your sponsorship form [here](#).

We'll provide you with as much help and support as we can to help you reach your target, and our team is available by email at greatstrides@cysticfibrosis.org.uk or by phone on 020 3795 2176, Monday to Friday.

I can't take part anymore, what should I do?

If you can no longer take part in an event, please email the events team on greatstrides@cysticfibrosis.org.uk.

How long does it take to complete the walks?

We expect all walkers to complete 65km walk within 18 hours. Walkers taking on the 40km route should complete it within 13 hours.

Can more than one person with CF take part?

Yes, we encourage everyone to be involved in Great Strides™ and have plans in place to ensure we adhere to Cystic Fibrosis Trust's cross-infection policy.

We also have luminous yellow bands you can wear on the day to ensure you can keep your distance from others with CF.

Please let us know if you'd like to know more about the measures we put in place on the day.

How do I register?

Simply complete the online registration form for the event you'd like to take part in. This applies whether you are an individual or are joining as part of a team. We can't wait to see you at Great Strides™!

Register at an event below:

[Surrey Hills](#)

[Brecon Beacons](#)

[Virtual 40k](#)

[Virtual 65k](#)

Can I join with my workplace/is there corporate support?

Absolutely! Great Strides™ is a great team-building challenge. Check out our pack on how your workplace can fundraise and if you want to enquire about partnerships, please email company@cysticfibrosis.org.uk.

