



FREQUENTLY ASKED QUESTIONS

Are we fundraising this year?

There is no official fundraising campaign for Run the World 2026. However, if you would still like to fundraise independently, you're welcome to create your own fundraiser through [the Lifeplus Foundation website](#), supporting projects that help provide reliable access to clean water, food and education.

Are eBikes included?

Yes - eBikes are absolutely welcome as part of the cycling challenge.

Do steps count towards the challenge?

Steps alone do not count towards the challenge, even if a smartwatch converts it into an estimated distance. Activities must include both a recorded time and distance to be eligible.

Do I automatically receive a medal for taking part?

Medals are optional and available to purchase on the [Run Things event page](#) - they are not included automatically.

Do indoor activities count (treadmill, indoor bike, rowing machine etc.)

Yes - indoor activities absolutely count! If your equipment supports syncing to Strava, your activity can be logged automatically. Alternatively, you can upload activities manually with proof, such as a photo showing the recorded distance and time on the machine.

When does registration close?

You can register at any time up until the challenge ends on **31 August 2026**. If you join later in the month, you can still add eligible activities you completed earlier in August retrospectively, provided you have proof (for example, activity tracking or recorded distance / time).

Please make sure all August activities are uploaded by **3 September 2026**.

That said, we recommend signing up early so you don't miss out on the full experience - including weekly challenge updates, motivation and progress throughout the month.

Why are my Strava activities not pulling through?

If your Strava activities aren't syncing automatically during the challenge, you will need to check your connection.

Head to "Settings" in your Run Things account and click "View Your Profile" under Strava. This will open the Strava account currently linked to Run Things. If it's not the correct account, simply disconnect and reconnect your preferred Strava account.