



100km in July Challenge Help Article

Tracking your kilometres

Thank you for signing up for the 100km in July Challenge!

We are asking participants to complete 100km in July during the month of July to support life-saving breast cancer research. You can walk, run, roll, the choice is yours!

In your welcome pack, you will receive a KM tracking calendar to help you track your kms throughout the month. If you don't receive your pack in time for the commencement of the challenge, you can download a printable version of the [tracker here](#)

There is no requirement to submit your kms at the end of the challenge, but we do recommend sharing regular updates in the group to help encourage and motivate others!

See our other Help Articles

[How do I share my fundraiser?](#)