



## 58km in September Dog Walk Challenge Help Article

### Tracking your kilometres

We are asking participants to complete 58km in September to support life-saving breast cancer research. You can walk, run, roll, the choice is yours!

In your welcome pack, you will receive an A4 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](#)

You are welcome to download a free app such as Map My Walk or Strava to digitally track your kms throughout the challenge. *Please note that Strava will suggest signing up for a free premium trial, you can exit out of this screen and continue to use the free version of the app.*

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?](#)

[Donation troubleshooting](#)