



# CYCLE2ZERO

## FAQ



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### Who can take part?

Cycle2Zero@home is open to everyone of all ages and ability. Participants who are under the age of 18 should take part with their legal guardian(s) or with the permission of their legal guardian(s). This includes obtaining consent for their image to be used in photos and videos from Cycle2Zero@home on social media or other publicly available media. You can view the full Terms & Conditions [here](#). I don't want to cycle; can I still take part? Yes! You can run, row, walk, or swim to make your miles count. This is your challenge, done your way.

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### What happens on the day of the event?

If you are taking part in the 36-hour challenge, you will be sent information separately about your time slots. For everyone else, you can start any time you like over the weekend of Friday 23 - Sunday 25 October. Share your progress with us on [Strava](#) and see where you are on the leader board.

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### How much training will I need to do?

As little or as much as you need to reach your goal! Training can be a great way to boost your fundraising— plus, you can join the mothers2mothers club on [Strava](#) and take part in challenges to inspire and motivate you. Be sure to share your training updates on social media, to encourage your friends and family to support your fundraiser.

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### Will I need specific gear?

Participants will need to provide their own cycle garments, equipment and cycle helmet to take part. If you are taking part in the 36-hour challenge, a Cycle2Zero@home top is included in your registration fee. If you are not in the 36-hour challenge but would like a Cycle2Zero@home t-shirt please contact [events@m2m.org](mailto:events@m2m.org).

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### What happens if I don't meet my target?

Our m2m fundraising team is here to support you with all your fundraising needs. In 2018 the majority of participants exceeded their targets, so we know that with the right support we can help you to do the same. We will check in with you along the way to see how you are getting on. Contact Roxanne at [Roxanne.Portnoi@m2m.org](mailto:Roxanne.Portnoi@m2m.org) if you have any concerns.

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### Do I have to use Strava?

No, you can take part without using [Strava](#) however, by using this app you can track your individual progress, and we can see how far we have cycled as a collective, global group.