



## 100 Miles in a Month Frequently Asked Questions

### **Do I have to run 100 Miles in a Month, or can I jog or walk it instead?**

You can run, jog or walk 100 Miles in a Month. It's completely up to you how fast you go, and what routes you take. All that matters is that you post the distances to your fundraising page!

### **How do I track my miles?**

The best way is to use an app on your phone to track your miles, and then post screenshots of your miles to your fundraising page! You can download Map My Run or a similar app. Otherwise if you have a Fitbit or activity tracker, then you can use that instead.

### **How do I get my medal?**

As part of this challenge, you must set up a fundraising page for the Mater Foundation. Using that page, you'll post your distances weekly or after every run depending on preference. These pages are linked to the Mater Foundation, so we'll be able to see your miles and give you a medal at the end.

### **How do I set up a 100 Miles in a Month Fundraising Page?**

The easiest way is to go to The Mater Foundation Facebook Page, and hit Create Fundraiser. It'll automatically link to us and to 100 Miles in a Month if you do this in January. Otherwise, you can use a platform like Just Giving.

### **How will the money I raise help patients of the Mater Public Hospital?**

Taking part in challenges like 100 Miles in a Month raises vital funds for life-saving medical equipment and ground-breaking research in the Mater. To help show how your miles really matter, we will share a story every week over the next month via Facebook and email that tells you how you're making a difference to our patients' lives through this fundraising challenge.