



100 Miles in a Month FAQS

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

You can walk or run 100 Miles in a Month. You can also do both and pace your runs with intervals of walking for recovery. The speed doesn't matter, only the distance!

How do I track my distance?

The best way is to use your smart phone! 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 prove that I have completed the 100 Miles?

As part of this challenge, you must set up a 100 Miles Facebook 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 and we'll be able to see your progress.

How do I set up a 100 Miles Facebook Fundraising Page?

If you don't have a page set up, Facebook message David or email Ailish and they will help you set one up. If you can no longer find your page, they can also help with this problem. Just make sure your end date is Saturday September 5th

Do I have to set up a 100 Miles Facebook Page?

Yes, you have to set up a page so we can track your miles and give you a medal. They're a great way of raising funds for patient care. But you can also use them to make a once off donation to yourself. Also, it does not matter how much you raise on the page just as long as it is set up.

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.