



50 Miles in April Challenge Frequently Asked Questions

How Do I Sign Up to Take Part?

Step 1: Join our Facebook Group for the 50 Miles in April 2022 challenge:

<https://www.facebook.com/groups/344428990925825>

Step 2: Register for the challenge and a t-shirt here: <https://givp.nl/e/qFTDnqLx>

Step 3: Create a fundraiser on one of the below platforms:

(a) Facebook: <https://www.facebook.com/fund/materfoundation/>

(b) Just Giving: <https://www.justgiving.com/campaign/50MilesApril>

How can I complete my 50 Miles in April?

50 Miles in April is a walking challenge but we won't stop you from jogging or running it if you would prefer to. By taking on this challenge, you won't only be improving patient care in the Mater, but you'll be improving your own health as regular walking will help to improve cardio fitness and muscle endurance.

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, Strava or a similar app. Otherwise if you have a Fitbit or activity tracker, then you can use that instead.

How do I get my certificate?

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 certificate at the end.

How do I set up a 50 Miles in April 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 50 Miles in April if you do this in March. Otherwise, you can use a platform like Just Giving.

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

Funds raised by the 50 Miles in April challenge will directly impact patient care in the Mater Hospital by both supporting staff in the Mater and providing vital life-saving equipment to departments all across the hospital.