



## 100 Miles In A Month Challenge Frequently Asked Questions

### How Do I Sign Up to Take Part?

Step 1: Join our Facebook Group for the 100 Miles in a Month September 2022 challenge:

<https://www.facebook.com/groups/803300983996698>

Step 2: Register for the challenge here: <https://givp.nl/erf/YzTgq6w3> <https://givp.nl/erf/NN4n0HFh>

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/100MilesSept>

### 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 and have at least €20 raised by the end of the challenge. 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?

To set up a fundraising page on Facebook, click this link: <https://givepanel.me/fb/ILSJf6y6>

And if you don't have Facebook, set one up on JustGiving here: <https://givp.nl/erf/3AOuaVYk>

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

This September, by taking on our 100 Miles in a Month challenge, you will help us to raise vital funds for the Mater Public Hospital.

These funds will allow us to provide life-saving equipment across the hospital, just like our state of the art PETCT scanner. This scanner, funded by our supporters, enables our staff to quickly diagnose and treat patients with cancer, heart disease and brain disorders.

Thanks to the funds you raise, we will be able to continue to transform patient care to save even more lives.