

# 3000 Squats in November 23

## Frequently Asked Questions

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

Step 1: Join our Facebook Group for the 100 Miles in a Month Feb 2023 challenge:

<https://www.facebook.com/groups/353054283818487>

Step 2: Register for the challenge here: <https://givp.nl/register/rFtkXn3J>

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

(a) Facebook: <https://givp.nl/fb/rFtkXn3J>

(b) Just Giving: <https://www.justgiving.com/campaign/3000squats2023>

### How do I track my squats?

The best way is to use our handy Squat Tracker which you will receive with your registration pack, and then post photos of your efforts to your fundraising page!

### How do I get my special token of appreciation

Participants qualify for a special token of our appreciation based on a minimum fundraising target and on completion of 3000 Squats in the month of November.

As part of this challenge, you must set up a fundraising page for the Mater Foundation and **have raised at least €50 by the end of the challenge to qualify** for this token of appreciation. This minimum fundraising requirement reflects the cost of challenge packs, while also highlighting our need to ensure we spend our money wisely and for maximum impact.

You should also use your fundraising page to post your distances weekly or after every run depending on preference. These pages are linked to the Mater Hospital Foundation, so we'll be able to see that you have completed your 3000 Squats.

### How do I set up a 3000 Squats in a Month Fundraising Page?

To set up a fundraising page on Facebook, click this link: <https://givp.nl/fb/rFtkXn3J>

And if you don't have Facebook, set one up on JustGiving:

<https://www.justgiving.com/campaign/3000squats2023>

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

By taking on our 3000 Squats in November challenge, you will help us to raise vital funds for 'Breast Cancer' at the Mater Public Hospital to continue to transform patient care and save even more lives.

### I'm not able to donate on my Facebook fundraiser. Who do I contact?

Payments can fail when your bank or payment provider experiences an issue while processing your payment. If the payment method that you're using to make a donation fails, try [adding a new payment method](#) to your Facebook account. If you're still not able to donate, please feel free to contact [fundraising@materfoundation.ie](mailto:fundraising@materfoundation.ie) or DM us on Facebook.

**Facebook is requesting my details for verification whilst donating.**

When you send or receive money in Facebook messages or make a donation on Facebook, it may ask you to verify your identity by providing documentation. This is to protect you from unauthorised payments and to comply with applicable law.

**Can I raise funds offline?**

Yes, we do allow participants to fundraise offline by providing them the sponsorship cards.

**Can we participate as a team? Will we all get a t-shirt?**

Yes, you can participate as a team and all members will receive their t-shirts. Special tokens of appreciation are awarded based on a minimum fundraising average of €50 per team member. For further details on how to register as a team, please contact Kabir at [fundraising@materfoundation.ie](mailto:fundraising@materfoundation.ie) or DM us on Facebook.