

## 100 Miles in a Month Challenge 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. 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, you can use that instead. Don't forget to note your distances down on your 100 Miles Tracker sheet!

### How do I get my medal?

Participants qualify for a medal based on a minimum fundraising target and on completion of 100 Miles in a Month.

As part of this challenge, you must set up a fundraising page for the Mater Hospital Foundation and **have raised at least €50 by the end of the challenge to qualify for a medal**. This minimum fundraising requirement reflects the cost of producing participant 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 competed your 100 miles.

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

This February, by taking part in our 100 Miles in a Month challenge, you will help us to raise vital funds for cardiac care at the Mater Public Hospital. You will be supporting our continued mission to transform patient care and save even more lives.

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

### Can I raise funds offline?

Yes, we do allow participants to fundraise offline by providing them with 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. **Medals 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 [fundraising@materfoundation.ie](mailto:fundraising@materfoundation.ie) or you can DM us on Facebook.

**Best of luck with your 100 Miles challenge!**