

31 Miles in May Challenge Frequently Asked Questions

How do I take part in 31 Miles in May Challenge?

You can walk, Jog or Run 31 Miles in May. It's completely up to you how you do it, and what routes you take. All that matters is that you enjoy the challenge and make a real difference for dementia patients in the Mater Public Hospital.

How do I track my miles?

The best way is to use an app on your phone or a simple notebook to track your miles. Then post screenshots of your miles to your fundraising page! You can download Map My Run or a similar app, if you wish . Otherwise if you have a Fitbit or activity tracker, you can use that instead. Don't forget to note your distances down on your 31 Miles in May Tracker sheet!

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

Here in the Mater Hospital Foundation, we are committed to being there to support patients in the Hospital.

Supporters like you have already done so much for our hospital, like refurbishing St. Anne's Dementia Friendly Ward and funding unique 'RITA' (Reminiscence/Rehabilitation & Interactive Therapy Activities) technology that helps patients remember and share events from their past and so much more.

When will I receive my certificate?

As part of this challenge, you'll be sent a certificate after you've completed your 31 Miles in May, recognising your achievements. All certificates will be issued once the challenge has ended.

You should also use your fundraising page to post your distances weekly or after every walk depending on preference. These pages are linked to the Mater Hospital Foundation, so we'll be able to see that you have completed your 31 Miles.

Can I raise funds offline?

Yes, we do allow participants to fundraise offline by providing them with the sponsorship cards. To request a sponsorship card, please email us at: fundraising@materfoundation.ie or you can DM us on Facebook.



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. For further details on how to register as a team, please contact fundraising@materfoundation.ie or you can DM us on Facebook.

Best of luck with your 31 Miles in May challenge!