

## **Frequently Asked Questions**

### **What is Marathon May?**

Marathon May is a fitness challenge with a difference. We are asking you to complete a marathon distance of 26.2 miles by setting your own pace and your own activities over the month of May.

Simply:

- Sign up for free via our website: [www.cancerfocusni.org/marathonmay](http://www.cancerfocusni.org/marathonmay)
- Download our Marathon May calendar or download a free app like MapMyFitness or Strava to your phone to help you plan your daily and weekly goals.
- Share your challenge – create your own page on everyday hero and get friends, family and colleagues to sponsor you. Share it on Facebook, tweet about it, Instagram it. Let everyone know the challenge you are undertaking, not only will it be harder for you to give up but you will also hopefully see fantastic donations trickling in.
- When 1<sup>st</sup> May arrives, it's time to start!

### **I've never run a Marathon before can I do this?**

Of course you can! This isn't just any marathon; this is your Marathon May. You have 31 days to complete 26.2 miles completely at your own pace. You choose your training days and your rest days to work around your life.

### **I'm a total couch potato, can I still take part?**

Yes! Anyone can take up this challenge, we encourage non active participants to sign up - change your life as well as the lives of local cancer patients. Make this month of May one to kick start a new healthier you. Be realistic and set yourself achievable goals throughout the month. Take it easy at first and then you can always push yourself once you get in your stride. Having smaller daily goals will make achieving your final distance much easier. You can do this! Show everyone what you are made of!

### **I don't like running, can I still take part?**

Yes! You can run it, swim it, bike it, hike it, whatever way you want to complete your marathon distance is up to you! Just make sure it's enough of a challenge so people will want to sponsor you.

### **Where can I complete my distance?**

You can complete your distance wherever and however you want to. Whether it's at the gym on the treadmill, or walking, running or jogging at your local park you choose your activity and where you want to do it. Why not check out <http://www.mapmyfitness.com/gb/nir/> for ideas on where to go.

### **Do I have to run every single day?**

No way, this is not a race - you choose your pace! We actually encourage you to take rest days during Marathon May.

### **Can I run more than the distance of marathon?**

Wow of course you can! Go the extra mile! If you are an experienced runner why not push yourself over Marathon May. The distance is totally up to you, push yourself and set yourself a challenging distance.

### **How can I keep track of the miles that I've run?**

We will post you out a Marathon May calendar which you can fill in every time you go for a run or you can use a training app like Strava or MapMyFitness on your phone. MapMyFitness and Strava are both partnered with Everydayhero which means you can link your fundraising page to the training app and your page will then be updated every time you complete a run. That way your donors can see how you're getting on.

### **How can I raise sponsorship?**

We are encouraging everyone to set up an Everydayhero page. This is an online fundraising page which you can use to collect your donations. You can set up a page here: <https://www.everydayhero.co.uk/event/challengeevent/>

Then share your page with your friends, family and work colleagues to encourage them to donate to you. You will also be posted out a fundraising pack which includes paper sponsorship forms.

### **Where will my money go?**

Your money will help us to provide care and support for local cancer patients and their families. We couldn't provide the services that we do without the support and effort from fundraisers like you. For a full list of the service we provide please visit our website [www.cancerfocusni.org](http://www.cancerfocusni.org)