



Virtual Family Mile Challenge

FREQUENTLY ASKED QUESTIONS



WHAT IS A VIRTUAL RACE?

A virtual race is a race that can be run or walked from any location you choose. Depending on the event it can be completed over a specified duration or on a specific day.

WHERE CAN I ENTER THE IRISH LIFE HEALTH FAMILY MILE CHALLENGE?

You can find all the details and enter the Irish Life Health Family Mile Challenge:

www.irishlifehealth.ie/family-mile-challenge



HOW MUCH IS IT TO REGISTER?

The Irish Life Health Family Mile Challenge is a free to enter event, more details can be found here:

www.irishlifehealth.ie/family-mile-challenge

WHO CAN TAKE PART?

The Irish Life Health Family Mile Challenge is open to everyone. Please registration for those under 18 years or age must be completed by a parent or guardian and must be supervised while taking part.



WHAT ARE THE DISTANCE OPTIONS?

This event is **1 mile**. More details can be found here: www.irishlifehealth.ie/family-mile-challenge

ARE THERE PRIZES?

Yes, there will be some spot prizes available to win for everyone that enters.

Prizes include FitBits and Activity packs for Kids.



For Athletics Ireland Members, there will also be the opportunity to win a training session with Olympian Thomas Barr and entry into a draw for 1 of 4 €100 sports equipment vouchers for your club. Simply post your family mile photos using #FamilyMileChallenge and include your athletics club as part of your registration so that they can be included in the draw. **Winner will be announced week of 28th June.**

WHERE CAN I COMPLETE MY VIRTUAL FAMILY MILE?

You should plan your run/walk route before starting your event. The run/walk should only be completed on a track, safe footpaths/pathways or within public parks. Please follow government 'Stay Safe' guidelines and ensure you abide by social distancing advice. Participants under 18 years old should be supervised by a parent/guardian or the parent/guardian can take part with the child.



I HAVE NEVER COMPETED A 1 MILE BEFORE, ANY TIPS?

You'll get a sample Family Mile Challenge training plan sent to you when you register. And for more tips on running, you can take a look at sample training programs on the Athletics Ireland website see www.athleticsireland.ie for details



WHEN WILL MY T-SHIRT/MEDAL ARRIVE?

If you purchased an additional item, these items will arrive after the event, for more information you can contact RW sports at: ronan@myrunresults.com

WHAT WILL I RECEIVE ONCE I SIGN UP?

Once registered, you will receive a link to a Free Family Activity pack and your family mile training plan. The pack will include a link to download some fun family activities to enjoy during some downtime.



There will also be links to training plans especially designed with families in mind. One for families with kids under 10 and another for those with kids over 10. These can be followed in the 3 weeks Leading up to the event.

All further details will be emailed to you in the days leading up to June 26th & 27th.



HOW DO I SUBMIT MY TIME?

This event is very much about participation so you will not be required to submit a time.

HOW WILL YOU KNOW IF WE RUN?

We know that motivation can be difficult to come by at times. That's why we are asking you to make a pledge to complete your Irish Life Heath Family Mile Challenge! You can make your pledge via an email which we'll send you in advance of June 26th - it takes less than 20 seconds to sign. Your pledge will be kept entirely private and will not be shared with anybody else.



WHAT APPS SHOULD I USE TO TRACK MY RUN?

There are several app available such as the MyLife App, Strava, Map My Run, Nike Run, and Run Keeper should you wish to track your run.



CAN I RUN FOR A CHARITY?

Participants can choose to run/walk the event for a charity or other causes if they choose to. Websites such as <https://www.everydayhero.com/ie/> can be used.

CAN I RUN FOR MY CLUB?

Yes, club members are encouraged to get involved. Make sure to include your club at the registration stage as there is a chance to **win a training session with Olympian Thomas Barr!**



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<https://twitter.com/irishathletics>



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<https://www.facebook.com/AthleticsIreland/>



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SIGN UP TODAY AT

<https://www.irishlifehealth.ie/family-mile-challenge>

#FamilyMileChallenge

Irish Life
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