



#BEACTIVE



EUROPEAN WEEK OF SPORT 23 - 30 September

Virtual Family Mile FAQ

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 Virtual Family Mile?

You can find all the details here:

How much is it to register?

The Virtual Family Mile is a free to enter event, more details can be found here:

Who can take part?

The Virtual Family Mile is open to everyone. Please note 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.

Where can I complete my Virtual Run?

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.

Can I run with a buggy, dog, scooter etc.?

No, it can be unsafe to run with a buggy, dog or scooter

I have never competed a 1 Mile before, any tips?

If your new to running, we have sample training programs available on the Athletics Ireland website. You can find a beginner, an intermediate, and an advanced 1-mile training plan at [Link](#)

When will my Medal arrive?

If you purchased an additional item, these will arrive after the event, for more information you can contact roadraces@athleticsireland.ie

How do I submit my time?

To submit your time, you must login into you Eventmaster booking and select the submit race time option. There you will be able to input your time and provide a proof of that time also. The URL field is optional.

This video will show the steps involved in submitting a race time : <https://youtu.be/oLBsXcOLA00>

What proof of my result can I upload?

You can upload a screen shot of your time with distance taken from your phone if you used an app such as the MyLife App, Map My Run or Strava. This can also be a picture of your GPS watch used to track your walk/run.

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.

How do I take a screen shot of my result and upload?

To take a screenshot on an iPhone : <https://support.apple.com/en-us/HT200289>

To take a screenshot on a phone with Android :
<https://support.google.com/android/answer/9075928?hl=en>

How many times can I submit a time/enter if I want to try improving my time?

You can submit your time just once.

Where can I see the results?

Over the event week, there will be a live leader board available to view. Details of where to find this will be available on the event social media channels throughout the event week.

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.

Tag Sport Ireland during the European Week of Sport

Tag **@sportireland** in your social media posts on Facebook, Instagram and Twitter and use the below hashtags.

Primary: #BeActive

Secondary: #EuropeanWeekofSport

Athletics Ireland Social Media

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

Twitter <https://twitter.com/irishathletics>

Instagram <https://www.instagram.com/athleticsireland/>