



My Marathon Month Frequently Asked Questions

What is My Marathon Month?

Take on the challenge of a running marathon (26.2 miles) or ultra-marathon (50 miles) over the whole of January.

You can run anywhere, anytime and any way to complete your challenge, whether that's doing it as a couple of long runs at weekends, or breaking it down to daily jogs. Run on road, off road, or even on a treadmill to reach your goal – it all adds up!

Whether you're looking to kick start your 2022 with a new you, keep yourself running motivated during the winter, train for your new run season, or just want a challenge – My Marathon Month is for you. You can take part alone, or even run with friends and team mates.

When will My Marathon Month take place?

My Marathon Month will take place over the whole of January 2022.

Where will My Marathon Month take place?

That is entirely up to you. You can run from your front door or location of your choice. It can be on road, off road, or even on a treadmill.

How much is it to register for My Marathon Month?

It's just **£15 to register**, for the marathon or ultra-marathon challenge. You can even get a 10% discount if you sign up before 10 December – just enter the code **BarnabasMMM22** when prompted.

You'll also get a well-deserved medal and certificate to show what a difference you've made at the end of your challenge.

How does My Marathon Month work?

We've partnered with RunThings, a specialist in virtual running events, who'll host My Marathon Month on their app. Once you're registered, you'll be prompted to download and login to the app.

From here you'll be able to confirm you're running for Chestnut Tree House, log your runs (manually or by linking to Strava), see yourself on the leader board, and see how far everyone has run together.

It's great for creating a sense of community and bringing everyone together who is taking part in My Marathon Month. You can even run virtually with other Marathon Monthers.



How do I enter the My Marathon Month?

To enter My Marathon Month, either...

- Click on the 'Sign Up Today!' button [here](#), or
- Visit RunThings

When do I need to register by?

As My Marathon Month takes place across the whole of January, you will be able to register up to midday on Tuesday 4 January.

Is there an age limit for My Marathon Month?

Participants should be 16 or over at the time of the event. Do contact the events team should you have a further question on this or have younger family members that wish to take part.

Is there a minimum sponsorship for My Marathon Month?

No. We kindly ask you to try and raise at least £150.

This could pay for a nurse to provide a whole day of care for a patient at their home, giving carers a well-earned break. But whatever you raise will be providing families with the vital care they need.

I haven't fundraised before?

No problem, the Events Team will be here every step of the way to help you with your fundraising. A good place to start is the fundraising guide on our [website](#), where you'll find hints and tips to get going with a bang and to take your fundraising further. We can send this pack to you too.

We are always at the end of the phone if you'd like to discuss different ideas and how to get started.

How do I set up a JustGiving page?

Just Giving pages are the easiest way to start fundraising, as you can set them up quickly, share them across social media immediately (even connect it to Strava), and monies come directly to St Barnabas. Use the helpful downloadable guide on our [website](#) for more info.

If you can't find what you need, get in touch and we can give you guidance over the phone.

Can I Gift Aid my donation?

Do ask your donors to gift aid their donation. Anyone who pays UK tax can add Gift Aid to a donation just by ticking the box on your Just Giving page or Sponsor Form. St Barnabas can claim an extra 25% from the government on any donation that includes Gift Aid without it costing you a penny.



How can I hand in my sponsor money?

The easiest way to fundraise is through Just Giving, as the funds come directly to St Barnabas without you needing to do a thing. See above on how to set up a Just Giving page.

You can use the following methods to send us your sponsorship money – please bear in mind that due to COVID we're trying to limit the amount of cash being handed in to the hospice.

- **Donate online:** you can quickly and easily pay in your funds directly through the 'Donate' button in the top righthand corner of the [St Barnabas House](#) website. Just choose the third option – 'I took part in an event and am paying in my sponsorship money' - and then complete the rest of the details.
- **Direct payment:** send a payment via BACS to Sort code: 60-03-38 and Account no: 70574790. This should be payable to St Barnabas House or St Barnabas Hospices. Please include your name and the reference MMM2021.
- **By cheque:** send us a cheque using the free post code: Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- **Over the phone:** Call us on 01903 706354 and donate over the phone

We strongly advise not to send cash in the post

Can I still take part in My Marathon Month if I am not an experienced runner?

Absolutely. My Marathon Month is an ideal challenge, whatever your running experience, as you get to take on a run your way – and maybe even push yourself further.

You can break it down to small daily jogs, several mid-week runs, or longer runs at the weekend. Your runs don't have to be the same each time either, so you can mix and match how you complete your challenge.

Can I run with other people?

Yes, you can. As long as you stick to the COVID-19 restrictions, you can do your runs with a buddy or possibly small socially distanced group (depending on current rules). To stay safe on your runs, please keep up-to-date with the latest [coronavirus guidelines](#).

You can even take on My Marathon Month jointly with other people, if you feel a marathon or ultra-marathon is too much of a challenge to do alone. The two ways you can do this are...

- **Joint Challenge:** You and a friend **both register** for My Marathon Month and split the distance between you (e.g. you both do a half marathon or you do 30 miles and your friend does 20 miles). We'd still ask you to both try and raise £150.
- **Team Challenge:** You and a group of others **all register** for My Marathon Month and split the distance between you (e.g. 10 work colleagues each do 5 miles or a group of 5 friends each do 5.24 miles). With teams of 5 or 10, we'd ask each person to try and raise £100.



How do I track and show I've completed My Marathon Month challenge?

By using the RunThings app (you'll be shown how to download and login when you register) you can input your runs manually, or even link it to your Strava. You can then share your runs on Facebook to show your supporters how well you're doing.

If you're unable to use the RunThings, we'd suggest using [Strava](#) (as we have a My Marathon Month event on there), or to keep a manual record. You don't need to prove to us you've reached your goal.

Can I do My Marathon Month run all in one go?

Unless you are an experienced runner that regularly does long runs, we would not advise doing your challenge in one go.

Even if you have taken part in organised marathons before, remember a) that you need a lot training to complete that distance and b) you have lots of crowd and medical support on the day.

Remember, you have a whole month to complete your challenge, so have plenty of time to do your runs without putting too much pressure on yourself. It's best to be safe and have fun with your runs.

What happens if I hurt myself whilst doing a My Marathon Month run?

We suggest that at least one member of your household, or support bubble, knows where you are who can drive and can pick you up if you are unable to continue on a run – you can share your live location with family members via WhatsApp.

If you hurt yourself badly please call 999 and ask for the ambulance service.

What happens if I can't complete My Marathon Month challenge?

If you find that either injury, illness, or time pressures means you can't complete your marathon or ultra-marathon in January, do get in touch with us. We'll be able to talk through options with you.

I am doing My Marathon Month in memory of someone. Is there a place to make a dedication?

We understand the importance of remembering someone special and sharing memories of those we love. There is a special dedication page for you to light a candle and have the spirit of your loved one live on: <https://stbarnabashouse.dedicationpage.org/dedicateacandle>

I still have a question, what do I do?

We are sorry that your question was not answered here – please contact the Events Team by phone on **01903 871820** or by e-mail at events@stbh.org.uk and we'll do our best to answer your question.