



Frequently asked questions

What is MyMayMarathon?

20 children every week in the UK are diagnosed with a life-threatening liver disease. Children's Liver Disease Foundation is the only UK charity dedicated to fighting all childhood liver diseases, we lead the way with vital research, information and support, and a voice for all affected.

MyMayMarathon is your opportunity to help make a real difference to these children and their families.

This May we are asking you to complete the marathon distance of 26.2 miles at a pace and a place to suit you. You can walk it, run it, cycle it, dance it, or whatever you choose! Just complete 26.2 mile before 31 May.

Where can I complete MyMayMarathon?

You decide! The beauty of MyMayMarathon is that you have control. Clock up your miles on the way to work, in your local park, gym, school or pool - wherever suits you.

How do I take part?

1. Register to take part [here](#)
2. Create your own personal online fundraising page (via [EverydayHero](#)) or download a paper sponsorship form [here](#)
3. Ask your friends, family and colleagues to support you. Their donation will go towards vital support services for children living with a life-threatening liver disease.
4. Complete your distance in your own time! Record your miles by connecting your Everyday Hero supporter page to Strava, Map My Fitness or updating manually, or keep a track of your miles yourself.

Is there a registration fee?

No! MyMayMarathon is completely free for everyone who takes part.

Can I walk, jog, run, cycle?

Yes! This is your Marathon - you decide how you get to that finish line at a pace that suits you. Take on MyMayMarathon in a way that's a challenge *to you*.

Can we take part as a team?

Yes, this can be a team of friends, family or colleagues. The more the merrier!

You can download paper sponsorship forms [here](#). Or if you're using Everyday Hero then when you register, you can create a team or join one if it's already been set up. If you're in charge of setting up the team:

1. Create a name for your team while you're registering
2. Once you've finished your registration and have secured your own team page, use the "Invite Members" button on your team page to send email invitations to your friends and family

If someone else has set up the team, just search for the team name when you're registering, and you'll be automatically connected once you complete your registration.

Fundraising

How do I set up my online fundraising page?

To make fundraising even easier, we've partnered with Everyday Hero for online fundraising. Using Everyday Hero is safe and secure. In just minutes you can build and customise your page, then start sharing the link with your friends, family and colleagues and asking them to make a donation. Every donation is then recorded on your fundraising page along with a message of support from your donors. You can sign up [here](#) or visit <http://www.everydayhero.co.uk/event/MMM19>.

What are my other options for sponsorship?

You can download paper sponsorship forms and keep a track of your miles yourself using our completed distance form, available by emailing fundraising@childliverdisease.org

Are there fundraising materials available?

Yes! We have the following fundraising materials available to use:

- Fundraising poster
- Facebook banner
- Twitter banner

Please email fundraising@childliverdisease.org to request your copy.

📍 How do I pay in sponsorship money?

Please ask your family and friends to sponsor you via your MyMayMarathon Everyday Hero supporter page. Funds given this way are forwarded to Children's Liver Disease Foundation automatically. If you have any offline donations, you can choose to pay this in a way that best suits you.

- You can lodge the funds online [here](#).
- Call 0121 212 6022 and one of our team can take your donation over the phone.
- Post us a cheque to CLDF, 36 Great Charles Street, Birmingham, B3 3JY.

📍 How do I link my fitness app to my everydayhero page or update manually?

During MyMayMarathon, make sure to track your runs using your favourite fitness app and add your runs to the board. Set yourself a personal goal and share your progress with your supporters along the way!



Linking your App to your page is easy, just follow the steps below:

Login to your account, select *account* from the drop-down menu, then select *manage connections* and *connect* your favourite app. Now every time you complete more miles (with your fitness app on of course!) your fundraising page will automatically be updated with the miles you've completed. All of these apps work independently of a wearable device – the user just needs a smartphone.

If you need help connecting your fitness apps, click the relevant link below:

Connecting Fitbit- [Click here](#)

Adding fitness in FitBit (there is a difference between counting steps and adding fitness which FitBit users may not be aware of) – [click here](#)

MapMyFitness- [Click here](#)

Strava- [Click here](#)

Not using an app? The user can also add fitness activity manually – [click here](#)

📍 Need more information?

If you have any other questions about CLDF's MyMayMarathon, please contact us on 0121 212 6022, or email fundraising@childliverdisease.org