

Frequently Asked Questions

Why should I sign up for this challenge?

This is a unique challenge for the Fox Chapel community and all proceeds go directly back to members of the community who need medical care.

A virtual challenge can provide purpose, wellness and motivation to move. This is a great way to get involved and feel good because you are moving and helping others in need during this pandemic.

Do I have to walk or run the whole way?

No, the purpose of a virtual run is a goal-oriented fitness challenge. This challenge provides an easy way to start moving every day! Just put one foot in front of another!

Where should I complete the challenge?

That's the easy part! You can complete the challenge anywhere you choose. You can go to the actual location of the challenge because it makes it real and fun. If you don't choose to go to a location, you can do your miles on a Peloton, Treadmill, Elliptical, rowing machine, swimming pool, exercise bike or in your neighborhood.

Do I keep track of my miles?

We don't require you to submit mileage to us, but we encourage you to track as you see fit! You can log your miles through an app like Strava or you can use your smart device to register your miles and you can also enter your achievement the old-fashioned way; through a log that is downloadable on the website.

How fast do I need to do this?

The challenge takes place May 15-21, 2022 so you have all week to complete the challenge your way.

Can my family participate as a team?

Yes, you can create a team when you register or join an existing team. Creating or joining a team is a great way to stay accountable while working toward your challenge goal! Challenge another family to compete against your family because we've created a virtual team page so you can check out other teams.

Are shirts unisex or gender specific?

Shirts are unisex

How much of my money is going back to charity?

Approximately \$20 of your registration fee goes back to charity. You can always sign up to raise more.