

2016 Vhi Women's Mini Marathon

All Ireland Girls Transition Year School Challenge

Terms and conditions:

1. All Schools who wish to participate must register their school with **Get Ireland Walking** www.getirelandwalking.ie/registergroup. When registered you will automatically be listed within our group database. In addition we advise that you establish a safe walking route (Sli na Slainte) within the school grounds or surrounding area. The distances should range from 3K upwards and can be an additional environmental/health promotion project for the students. This promotes ownership and sustainability. We would also encourage that you inform your local press/media of your plans and project.
2. Get Ireland Walking will advise the Vhi Women's Mini Marathon of the list of schools that are interested in participating in the All Ireland Girls Transition Year Challenge
3. All schools registered with Get Ireland Walking must then:
 - Enter your School Group in the Vhi Women's Mini Marathon (*the group can include teachers, parents and friends*) online at www.vhiwomensminimarathon.ie. Entry fee per each participant is €20; a €1 bank charge applies when entering online. **And**
4. Follow the weekly training support on www.vhiwomensminimarathon.ie, Train by walking or jogging on a daily/weekly basis on the Get Ireland Walking way you developed.
5. Create a **Free** Fundraising Account in the School Name with www.everydayhero.ie and set a fundraising target of €500 or more for your school.
 - School accounts are free on www.everydayhero.ie for all schools registered with Get Ireland Walking and entering a group in the Vhi Women's Mini Marathon 2016.
 - School accounts must be set up by the administration office in each school on the **everydayhero** website, schools account can be used to the end of December 2016
 - Entrants must be female and over 14 to enter as a **walker or jogger**. (The minimum age to enter as a Runner/Elite Runner is 18. All runners/elite runners and joggers must send in a qualification time before 13th May) (Joggers can get a qualifying time free at any ParkRun, check out www.parkrun.ie for a location in your area).
6. Share your training photos with us on **Instagram** www.instagram.com/vhiwmm/

Promotions:

A number of schools around the country will be selected to:

- 1 Feature in The Herald

- 2** Will be interviewed on Today FM to share information on their Transition Year School Challenge