



FREQUENTLY ASKED QUESTIONS

What does the race entry fee include?

- Event registration is free, but participants can choose to add-on a community t-shirt for \$10.

Where can I walk or run?

- You can choose your own routes to walk or run, but we recommend enjoying the beautiful trails NW Arkansas has to offer! Join our Facebook event to see suggested routes leading up to race week.

Does biking count?

- Biking miles do not count towards this challenge – only miles walked or run can be logged towards the donation amount.

How do I submit my miles?

- After registration, participants will receive a link to join the Miles for Mercy Strava Club where they can log their miles through GPS in the Strava app, fitness trackers, or manually on their computer. Only miles logged in Strava will count towards the total donation amount. Additional FAQs on submitting miles can be found on the registration page.

Where can I pick up my t-shirt?

- T-shirt pickup details will be emailed to participants at a later date.
- For participants who live outside of NWA, you can select to have your shirt shipped to you for an additional \$5
- For t-shirts ordered before June 8, participants can pick them up locally before race week. T-shirts ordered after June 8 will be available for local pickup after race week.

What are the participant awards for the race?

- Winners in the following categories will receive a Walmart gift card after the event
 - Individuals – Total Miles:
 - 1st Place Male & Female (16+)
 - 2nd Place Male & Female (16+)
 - 3rd Place Male & Female (16+)
 - Family Division – Total Miles (Family = at least 1 participant under the age of 16):
 - 1st, 2nd, 3rd Place Families Overall

What are the Corporate Challenge awards for the race?

- Fastest Office – most total miles completed
- Fittest Office – most active team members who walked at least 1 mile
- Most Spirited – most social media engagement using #LikeAGirl and #MilesForMercy (*both* hashtags must be used on social posts to be eligible for Most Spirited Award)

My kids are participating – do I have to create an individual Strava account for each of them?

- For families with participants under the age of 16, you can track your miles as a family under the same Strava account. When signing up for Strava, just use your family's last name for the account – ex: SMITH FAMILY. Families will not be eligible for Individual Awards, but will still be eligible for Family & Corporate Challenge awards.

Who is eligible for the Family Awards?

- A family with at least 1 participant under the age of 16 is eligible to compete in the Family division. Simply sign up for Strava under your last name (ex: SMITH FAMILY) and log your collective miles under one account.

What if I want to donate more money to the Mercy Health Foundation?

- Participants will have the opportunity to donate additional money to the Mercy Health Foundation on the registration page.

Who is the Mercy Health Foundation?

- Through collaborative partnerships, Mercy Health Foundation impacts the flourishing of our communities by inviting into our ministry those who have a passion to improve quality of life and make care accessible for all. Gifts to Mercy Health Foundation Northwest Arkansas support critical projects in this community. That's right. Every dollar you give advances health care right here at home.