

THE MAY 50K

FREQUENTLY ASKED QUESTIONS – WORKPLACES

Participate in one of the largest virtual workplace challenges in Australia - The May 50K

What is The May 50K?

- A virtual fitness and fundraising challenge to run or walk 50 km (or more!) during the month of May while raising funds for life-changing research into multiple sclerosis (MS).
- **The May 50K** is a virtual challenge that you can complete by yourself or with others. It is also a great way to bond with your colleagues, inspire team well-being and increase energy levels.



Who can participate?

- Everyone and anyone! It's FREE to register!
- Once signed up (which you can do [here](#)), you decide how and when you complete the challenge. We suggest striving for 50 km over the month of May, of course – you can do more or less.



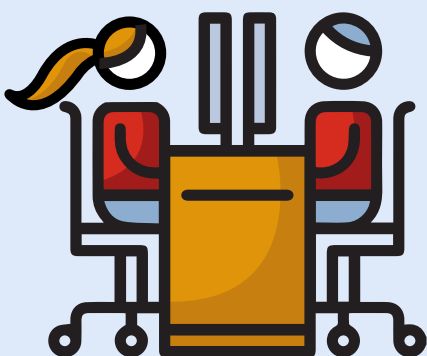
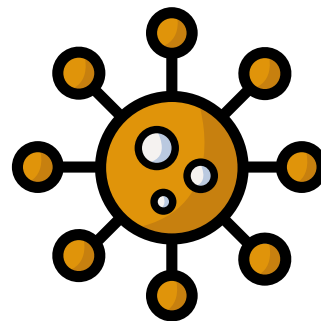
#KissGoodbyeToMS



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What about COVID-19?

- The May 50K is a virtual challenge. You can complete it on your own, in whatever way suits you and your colleagues best.
- It is a low-risk activity and can be completed in line with social distancing guidelines.
- The May 50K could act as a crucial driver of team engagement and can create unity during times of isolation and separation.

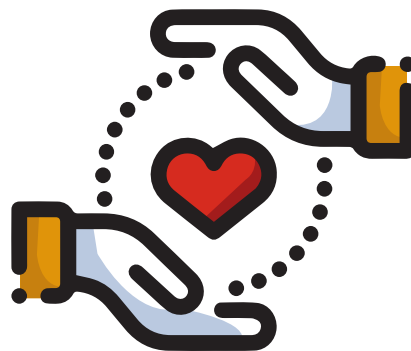


How can my workplace get involved?

- Signing up your workplace is the easiest way to get others involved and spread the word!
- You can create teams within your workplace – which division of your company can clock the most kms and raise the most \$?
- Challenge your clients, suppliers and competitors at other companies too – there's nothing like some friendly competition to spice things up!
- Aim high and shoot for the top of the workplace leaderboard.

Why should my workplace get involved?

- Physical/mental health and wellbeing – let's face it, most of us don't get enough exercise!
- Staff engagement – teams that play together, stay together. Getting sweaty together is a great team builder, and healthy competition is a terrific motivator!
- Raising funds for MS research – give your team an opportunity to make a real difference.
- We'll provide exclusive t-shirts for your team once you reach your first fundraising milestone.
- If you sign up your workplace, you'll receive a FREE Captain headband!



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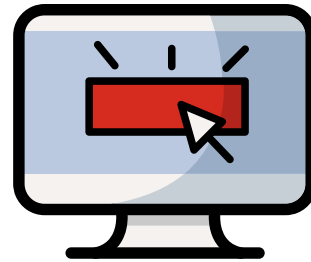


Do you need any special equipment/technology?

- No. Log your steps on our easy-to-use website or sync your wearable device (Strava, Fitbit, MapMyFitness) or app to your fundraising page.

How do we register?

- Register at themay50k.org
- We'll send you everything you need to get as many people as possible from your workplace to take part.



How do I get the most out of The May 50K at my workplace?



- Commit your workplace to taking part.
- Put us in touch with whoever leads your health and well-being program.
- Register yourself first, set an ambitious target for yourself and make the first donation from yourself, to yourself.
- Encourage senior leadership to participate and lead from the front.
- Get all your colleagues involved.
- You'll have direct access to our fundraising guru so your team can raise the most money and top The May 50K leaderboard.
- Encourage your workplace to match your fundraising efforts to help smash your goals.

Why should we do this fitness challenge/ our calendar is already full?

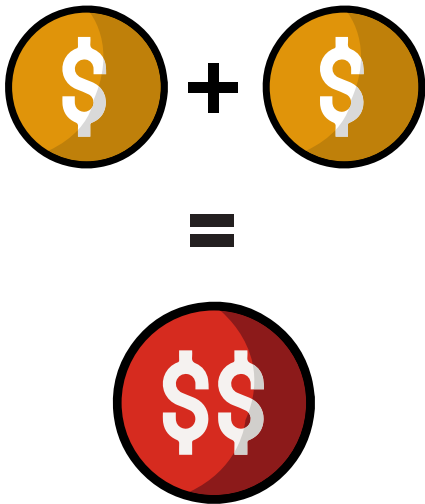
- Researchers are 10 years away from being able to stop MS and reverse its symptoms. The only barrier is the lack of funding for research.
- We're the newest, noisiest kid on the block and we're taking the country by storm.
- The May 50K is now a global campaign that spans over five countries with Australia leading the world effort!



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How can my workplace create even more impact?

- Matched giving! Your workplace can match every dollar your team raises, instantly doubling your impact!
- Who else is in your network? Where does your partner/family/friends work? Invite them all to participate and raise vital funds for MS research.
- Talk to anyone and everyone about it. Let your excitement be infectious!
- Get them to register at themay50k.org.



What if my workplace would like to continue supporting MS research after this challenge?

You can contact our Corporate Partnerships Manager, Tim Roseman at:

 troseman@msra.org.au
 0436 287 763

He would be happy to chat through the variety of ways you can continue your support and help us work towards a world free of MS.

Need more information?

 themay50k.org  1300 785 717

 CharlotteTheMay50K@msra.org.au  0447 392 658

We are also happy to come into your workplace or present to you and your colleagues (even your CEO) via Zoom about what The May 50K magic is all about. We might even be able to provide some insider tips and tricks to boost your fundraising and get you to the top of the leaderboard!

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