

# The Steps Competition

## F.A.Q.'s!

**Q: What is The Hall Steps Foundation?**

**A:** Started by professional runners Ryan & Sara Hall, The Hall Steps Foundation is a nonprofit movement to fight global poverty through better health.

**Q: What is the Steps Competition?**

**A:** High school & collegiate track teams will compete to fight global poverty by using their training mileage to raise monetary support for a Steps-chosen project. The team that raises the most will win.

**Q: Who can participate?**

**A:** Any high school or collegiate track team. Both the women's and the men's teams can compete under one banner.

**Q: Why should my team participate?**

**A:** Runners will learn how to use their talents with a broader perspective and make a positive change for those in desperate need.

**Q: What does the winning team receive?**

**A:** A team visit from the U.S. marathon/half-marathon record-holder & olympian, Ryan Hall!

**Q: How does it work?**

**A:** Runners will seek out supporters who will make monetary pledges per-mile with a monthly maximum. What does that mean? For each mile a runner logs on Frundraise, the amount of his/her cumulative pledges will be raised (e.g. Mrs. Hall decides to make an 80-cent pledge to John, with a monthly maximum of \$50. For each mile that John logs on Frundraise, 80 cents will be raised, until he reaches the maximum of \$50 for the month).

**Q: What is "Frundraise?" Looks like you spelt fundraise incorrectly.**

**A:** Frundraise is a fundraising website for runners to raise money for their favorite charity as part of their training.

**Q: How is the money processed?**

**A:** Frundraise uses a safe third-party organization called Stripe. All money is immediately transferred to The Hall Steps Foundation when a monthly pledge is processed. For more information on Stripe, visit [support.stripe.com](http://support.stripe.com).

**Q: What happens if my team doesn't win?**

**A:** Don't worry. We will have some other cool prizes for the top-performing teams.

**Q: When does the competition start/end?**

**A:** This is an eight-week competition beginning Sunday, March 15th, 2015 and ending Sunday, May 10th, 2015. March 15th is the momentous day that Sara Hall will join her husband Ryan to race the 2015 L.A. Marathon and make her highly-anticipated marathon-debut! When Ryan crosses the finish line, the competition will officially begin!

**Q: How do we sign up??**

**A:** Once your team has committed, send us an email at [MyStepsMatter@TheStepsFoundation.org](mailto:MyStepsMatter@TheStepsFoundation.org) with your team's information. We'll create your team page, then each individual runner can create their own for that page.