

FAQS Page



What is Cycle for RMHC?

We're challenging everyone to cycle 100, 250 or 500 kms within 30 days.

You can track your kms each day using a smart watch or your phone.

If you'd like to increase the distance and set a higher target, that's completely up to you!

Are there any registration or participation fees?

No – Cycle for RMHC is free to take part! Is there a fundraising target?

Everyone who raises €100 or more on their Cycle for RMHC fundraising page will receive a custom jersey to say thank you.

Our teams can send it to you immediately! Remember this is should not be your target.

We are trying to keep our doors open for 2020 and need much more than that to do so.

How do I fundraise?

Please set up a Just Giving page to fundraise. All income is transferred directly to us.

You will be able to share your progress on Facebook and Twitter too.

We will also provide fundraising tips and support throughout your journey.

We ask you to get any final donations over to us within a month of completing your challenge.

Where can I get a sponsorship form?

We can of course send a sponsorship form in the post if you need them - simply email us at nicole.nolan@rmhc.ie to request this.

How will The Ronald McDonald House use the funds I have raised?

Your money raised will make a big difference to the lives of our families.

To find out more about them and how the house supported them through their journey click [here](#).

Can I take cash donations?

It is not safe to send cash in the post. If you receive cash, you should deposit it in your bank and donate the amount online, over the phone or by sending a cheque.

Thank You