



RMHC[®]
New Zealand

House to House FAQs



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What is House to House?

RMHC New Zealand is asking people to run, walk, cycle or swim at least 210KM (and raise at least \$210) during the month of March. These KMs will contribute to our collective goal of 100,556 KMs, which is the same distance families travel from their houses to a Ronald McDonald House in a typical month – hence the name House to House.

How does House to House work?

House to House is a virtual fundraising event which challenges you to support families staying with RMHC New Zealand in March. Clock up the number of kilometres they travel to a Ronald McDonald House, and raise money as you go. You can sign up as an individual or a team and create your own fundraising page. We're asking you to aim for 210KMs and \$210 or more over the course of the month to help us support families with a hospitalised child away from home.

From the 1st – 31st March, every KM you cover will count towards your target, and RMHC New Zealand's 100,556KM target. To keep track of your KMs, use a FitBit, download the free Strava or MapMyFitness apps, and your distance moved will be automatically updated on your fundraising page. Alternatively, you can log your distances manually and enter this onto your page.

Who can enter?

Everyone! There are no restrictions on who can enter.

How do I enter?

Register at housetohouse.org.nz. You can choose to enter as an individual or a team, and once you have registered you will be guided through setting up your own fundraising page. This page will become the hub of all your House to House activity – all your fundraising and the KMs you cover will be logged here.

I prefer biking/swimming/rowing – can I do that instead of walking or running?

Absolutely! Scooters, row machines, treadmills, stationary bikes, team sports, lengths of a pool – everything but driving a motorised vehicle counts! Just remember to log the distance you cover.

Can wheelchair users participate?

Of course! House to House is an inclusive event. Just log the distances you cover each day!



Gray family from Fielding



How much distance do I need to cover each day?

The goal of 210KMs equals about 6.8KMs daily, which sounds like a lot! However, the recommended daily distance for walking each day is 10,000 steps, which is closer to 8KM. You can also use weekends to cover more distance, meaning you can cover less distance on busy week days.

210KMs is a bit far/not far enough for me, can I change the goal?

You can adjust the goal to whatever you believe is realistic – but remember that House to House is meant to be a challenge, so don't make it too easy! If you're an avid cyclist, 210KMs may be too low for a month, so you can change this to be as high as you like.

Can I help without participating in House to House?

If you would like to help RMHC New Zealand reach our \$100,000 target but don't want to participate in House to House, you could consider donating to one of the participants. Head to housetohouse.org.nz to search for people you know, or make a donation to a stranger and make their day!

Can we do House to House as a team?

Yes! There are individual and team registration options. As a team, choose your target distance based on what you think you will collectively be able to achieve during the month.

Can my workplace take part?

Getting your workplace involved is a great way to stay motivated during the month – you can challenge and encourage each other to get those KMs in during the workday! Sign up as a team, and adjust your goal to reflect the number of people in your team.

Can we get our school involved?

Yes! If your school or class would like to be involved, please contact Rebecca (rebecca.thomson@rmhc.org.nz) who has some great ideas to help make it even more interactive for schools.



Gray family from Fielding

