

## CU CHALLENGE 2023 - INFORMATION

The CU Challenge starts on Tuesday, 10th October – please make sure you have activated your page. If you haven't yet activated it yet check your junk mail OR contact iDonate (helpdesk@idonate.ie) to resend you the link.

### Tracking Your Distance

You can track your distance by **connecting a fitness app** to your profile page or **manually updating your kms** on your profile page. Please see information below on how to **track your distance** via an app or manually on your page:

**Log in** to your profile page (username and password is in your email from iDonate)

- [Using a fitness app to track](#) your distance (kms)

**N.B. if your fitness app tracks steps they will automatically be converted into kms for you on your iDonate page, you don't need to do anything.** Please note it can take up to 24 hours for your distance covered to be updated on your page

- [Manually updating your](#) distance (kms)

**N.B. if your fitness app tracks steps you will need to manually convert into kms on your page** - please note some fitness apps will also show the kms in addition to steps. If this is not an option for you must manually convert your steps into kms - **you must divide steps/1,300** to get kms and input the kms figure.

Please note you will NOT be able to manually update your distance completed if you have selected to connect a fitness app – you must disconnect and then update it manually.

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If you have any questions contact Ashley – [aharte@creditunion.ie](mailto:aharte@creditunion.ie)  
If you have any technical queries contact iDonate - [helpdesk@idonate.ie](mailto:helpdesk@idonate.ie)

We look forward to seeing some photos and videos of you all out and about for the CU Challenge 2023! If you're posting on your social media, please tag the Foundation @ilcufoundation and use #CUChallenge23 & #GoTheDistance

Happy walking, running, swimming and cycling!

Good Luck, Have Fun and Thank You.



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