



Strides For The General Frequently Asked Questions

1. I have never run a race before, can I still participate?
 - a. Yes! We invite all members of the community at all levels to participate. Our 5KM run is chip timed so we have avid runners and beginners participating. We also offer a 5KM walk option for those who would prefer to walk.
2. Why is there a registration fee to participate?
 - a. We charged a nominal fee to cover the base costs of organizing and running *Strides For The General*. By registering early you can save on your registration fee.
3. What is included in my fee?
 - a. Included with your registration fee at *Strides For The General* is a light breakfast, lunch, technical running t-shirt, medal, water on the course, and chip timing for runners.
4. When do I pick up my race kit?
 - a. All race kits (bib, t-shirt and timing chip for runners) will be distributed at Strides For The General from 8:45a.m. until 9:30 a.m. Please note the walk begins at 10:00 a.m. and the 5KM race at 10:15am
5. Do I have to run with my team?
 - a. No. Many participants register a team; they will fundraise in advance together and some teams wear coordinating attire at *Strides For The General*. However, you do not need to run as a group.
6. Are there prizes?
 - a. Yes! Prizes are awarded to top fundraisers and top finishers in the 5KM races. Please visit the prize page on the website for more details and regulations.
7. I've registered, how do I use my participant centre?
 - a. Once registered you will have a personal page on the *Strides For The General* participant centre. We encourage you to share your story - why supporting Hamilton General Hospital Foundation is important to you. Through your

participant centre you can email friends and family to request donations. You can also keep track of all online and offline donations.

8. Will donors receive a tax receipt?
 - a. Donations of \$10 will be issued a tax receipt.
9. Do you have suggestions on how I can maximize my fundraising efforts?
 - a. Reach out to family and friends, share you story on social media and ask for support. You could also hold a car wash, bake sale, or other event to fundraise towards your goal.
10. Is there a minimum to fundraise in order to participate?
 - a. No, there is no minimum to fundraise.
11. How does my fundraising and participation in Strides impact Hamilton General Hospital and the Regional Rehabilitation Centre?
 - a. We are focused on raising funds in support of Hamilton General Hospital, the Regional Rehabilitation Centre and their programs. The Foundation provides funding for leading-edge equipment and patient amenities, innovative research initiatives, redevelopment of patient care spaces, and the education and training of health care providers.
12. Can I bring my dog?
 - a. Yes. Dogs that are socialized and comfortable in large crowds are permitted to attend. Dogs must be kept on leash. Owners are responsible for cleaning up after their pet.
13. What should I wear/bring?
 - a. We recommend you wear comfortable clothing and appropriate shoes for your run or walk. Many participants will wear their Strides t-shirt that they receive when they check in. We recommend you bring a water bottle with you. Water will be available on the course.
14. Where is Bayfront Park and where do I park? Do I need to pay for parking?
 - a. Bayfront Park is located at 200 Harbour Front Drive in Hamilton. Parking is free.