



Strides For The General Frequently Asked Questions

1. What is involved in the virtual *Strides For The General*?
 - a. Participants have the opportunity to participate in their choice of a 5 km walk, 5 km run or 10 km run in their own community. In celebration of the 10th anniversary of *Strides*, participants can choose to run or walk anytime (or multiple times) from September 10 through September 19.

We have also introduced a frontline worker recognition program. Registered *Strides* participants can nominate a frontline worker (from any industry) who has made a difference in our community during the COVID-19 crisis. Nominees will be recognized on our virtual “Wall of Fame” and in event communications. [Click here to nominate someone today.](#)

2. How do I participate in the virtual *Strides For The General*?
 - a. The first step is to register online and begin fundraising. (Thanks in advance for all your fundraising efforts – you’re making a vital difference!)
 - b. Pick up your race kit - All participants will be notified when race kits will be available for pick up. (Expected in early September).
 - c. Participants can run or walk anytime or multiple times between September 10 and 19 in their own community.
Visit the [About](#) section of our website for more information.
3. Can anyone participate?
 - a. Yes, this fundraiser is open to all members of the community.
4. I have never run a race before, can I still participate?
 - a. Yes! Runners and walkers of all abilities are invited to attend. You have the choice to participate in the 5 km walk, 5 km run or 10 km run.
5. How do I register?
 - a. Register online [here](#) and complete the easy form.

6. Should I register as a group/team or as an individual?
 - a. The majority of our participants register as a group or team. Your team can be your family, your colleagues, a professional organization, sports team or any group who wants to participate! You will be able to give your team a unique name. Donors have the option to donate to your team as a whole or to an individual team member. You'll be able to personalize a team page and will also be able to view your collective fundraising efforts, as well as individual fundraising success. Please note you do not have to run or walk as a team. Furthermore, we ask all participants to abide by physical distancing measures while participating in *Strides* as directed by the governing body in your area.
 - b. If you are attending by yourself, please register as an individual.
7. How do I register my family or group?
 - a. Select the group/team registration option. The first person to register becomes the team captain and provides the team name. You can register multiple people to the team at the same time (this is a great function when adding family members). Please note: all individuals registered at this time must pay the associated registration fees that will be totaled when you finish the registration process.
8. What does it mean if I am the team captain?
 - a. The team captain receives the administrative access to update the team's participant centre page with a story and photo. We also hope the team captain will help to motivate their team to solicit donations or initiate fundraising activities. There are no official roles for the captain while running or walking for *Strides For The General*.
9. Do I need to register all team members at the same time?
 - a. No, anyone can register for your team online while registration is still open. Click the "Join Your Group's Team" button on the homepage to register for a team that has already been created.
10. Why is there a registration fee to participate?
 - a. We charge a nominal fee to cover the base costs of organizing *Strides For The General*.
11. What is included in my fee?
 - a. Included with your registration fee is your race kit. This includes running socks and much more!
12. When do I pick up my race kit?
 - a. All race kits will be distributed in early September. Additional details will be available shortly.

13. Do I have to run/walk with my team?
- No. You do not have to run or walk as a team. Furthermore, we ask that all participants abide by physical distancing measures while participating in *Strides* as directed by the governing body in your area.
14. I've registered, how do I use my participant centre?
- 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.
15. Why is it important to fundraise?
- The government does NOT fund equipment in our hospitals. Proceeds from *Strides For The General* fund priority medical equipment at Hamilton General Hospital, including the Regional Rehabilitation Centre. Visit the *Your Dollars at Work* section on our [About page](#) to view a list of vital equipment that has been funded through *Strides*.
16. Do you have suggestions on how I can maximize my fundraising efforts?
- Reach out to family and friends, share you story on social media and ask for support.
17. Will donors receive a tax receipt?
- Donations of \$10 or more will be issued a tax receipt.
18. Are there prizes?
- Yes! Prizes are awarded to top fundraisers. Please visit the prize page on the website for more details and regulations.
19. Is there a minimum to fundraise in order to participate?
- No, there is no minimum to fundraise. We appreciate all donations and fundraising efforts. As the biggest fundraiser for Hamilton General Hospital Foundation, *Strides For The General* makes a vital impact on patient care.
20. How does my fundraising and participation in *Strides* impact Hamilton General Hospital, including the Regional Rehabilitation Centre and St. Peter's Hospital?
- We are focused on raising funds in support of Hamilton General Hospital, the Regional Rehabilitation Centre and St. Peter's Hospital. Funds raised will enable the purchase of priority leading-edge equipment.
21. What should I wear?
- If you have participated in *Strides For The General* in the past, we encourage you to wear a previous event shirt while you walk or run.

22. The event is from September 10 to 19; do I have to run/walk all 10 days?
- Only if you want to! We have structured this virtual event to provide our participants with flexibility to choose when they run and/or walk. We will be celebrating the 10th year of Strides For The General for all 10 days. Follow along on social media as we say thanks for 10 years of support and making a difference for patients in our region.
23. Where do I submit my race time?
- As an option, you can submit your race time for the 5 km and 10 km run on our website. The link will be available in early September. We ask that all participants submit honest race times. (Remember this is a charity fundraiser!)
24. Tell me more about the scavenger hunt
- During the walk, participants are invited to take photos of letters to spell out the word STRIDES. Letters can be found on street signs, trail signs, etc. along your walk. Participants are encouraged to share their collage on social media, including the Strides Facebook event page to showcase their support.

