



Strides For The General / Strides for Health Care Heroes **Frequently Asked Questions**

1. What is involved in the virtual *Strides For Health Care Heroes*?
 - 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. *Strides* participants can choose to run or walk anytime (or multiple times) from September 17 through September 26.
2. How do I participate in the virtual *Strides For Health Care Heroes*?
 - a. The first step is to register online and begin fundraising. Registration is **free!** (Thanks in advance for all your fundraising efforts – you're making a vital difference!)
 - b. Participants can run or walk anytime or multiple times between September 17 and 26 in their own community.
 - c. This year, you can share your run time through the Strava App within the [Strides For Health Care Heroes Strava Club](#) and your activities will be updated automatically onto the website. Please ensure to name your run on Strava to include "Strides" or "Strides For Health Care Heroes" so that we may accurately track the designated activity.
 - d. As an alternative option, you can submit your race time for the 5 km and 10 km run by taking a picture of your fitness tracker or device and emailing it to Connor Vincent at vincentco@hhsc.ca. We ask that all participants submit honest race times. (Remember this is a charity fundraiser!).
 - e. 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).
 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 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 Health Care Heroes*.
 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. Do I have to run/walk with my team?
 - a. 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.
 11. I've registered, how do I use my participant centre?
 - a. Once registered, you will have a personal page on the *Strides For Health Care Heroes* participant centre. We encourage you to share your story - why supporting Hamilton General Hospital Foundation or St. Peter's 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.
 12. Why is it important to fundraise?
 - a. The government does NOT fund equipment in our hospitals. Proceeds from *Strides For Health Care Heroes* fund priority medical equipment at Hamilton General Hospital, including the Regional Rehabilitation Centre, and St. Peter's Hospital. Visit the *Your Dollars at Work* section on our [About page](#) to view a list of vital equipment that has been funded through *Strides*.

13. Do you have suggestions on how I can maximize my fundraising efforts?
 - a. Reach out to family and friends, share your story on social media and ask for support.

14. Will donors receive a tax receipt?
 - a. Donations of \$10 or more will be issued a tax receipt.

15. Are there prizes?
 - a. Yes! Prizes are awarded to top fundraisers and for the fastest running times. Please visit the prize page on the website for more details and regulations.

16. Is there a minimum to fundraise in order to participate?
 - a. No, there is no minimum to fundraise. We appreciate all donations and fundraising efforts. As the biggest fundraiser for Hamilton General Hospital Foundation and St. Peter's Hospital Foundation, *Strides For Health Care Heroes* makes a vital impact on patient care.

17. How does my fundraising and participation in *Strides* impact Hamilton General Hospital, including the Regional Rehabilitation Centre, and St. Peter's Hospital?
 - a. 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.

18. What should I wear?
 - a. 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.

19. The event is from September 17 to 26. Do I have to run/walk all 10 days?
 - a. 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.

20. Where do I submit my race time?
 - a. This year, you can share your run time through the Strava App within the [Strides For Health Care Heroes Strava Club](#) and your activities will be updated automatically onto the website. Please ensure to name your run on Strava to include "Strides" or "Strides For Health Care Heroes" so that we may accurately track the designated activity.
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