



Event FAQ's:

Q: Do we need to register for the event?

A: Yes, pre-registration is required for everyone prior to event day to sign an event waiver.

Please register here: <https://p2p.onecause.com/uptown5k/home>

Q: Is there a registration fee?

A: No, the event is free, however participants are encouraged to fundraise to support Trustbridge Hospice Foundation.

Q: Can I get an Event T-Shirt?

A: Yes, anyone who is registered and individually raises/donates \$75 or more under their own personal fundraising page will earn an Event T-shirt.

(Please note: The funds must show up as raised under your name to qualify. Donations made to other participants or teams will not count if it is not made towards your personal page/goal. You can do this with a self-donation, as well as by asking your friends, family, co-workers for donations to help you reach your goal).

Q. Where does the money go?

A: All proceeds benefit Trustbridge Foundation and supports programs and services that help our community in their greatest time of need. These include: charitable care, extraordinary comfort measures, music therapy, bereavement services, children's grief camps, and more.

Q: Will there be food?

A: Yes, light snacks/fruit/water/coffee will be in the Refreshment Tent starting at 7:30am.

Q: Are pets allowed?

A: No, pets are not allowed anywhere at the event.

Q: Where can I pick up my fundraising incentives?

A: If you have qualified for fundraising incentives by individually fundraising (*view Fundraising Incentive Flyer*), you can pick these up at the Check-In Tent on event day starting at 7:30am.

Q: Is the route a full 5K?

A: Yes, it is a 5K fun run/walk on the runway (2 laps) and also be a 2K route available (1 lap).

Q: Can I walk or run the 5K?

A: Yes, this is a 5K fun run/walk so you can choose to run or walk the 5K.

Q: Is the 5K timed?

A: No, this is not a certified course or timed race.

Q: Will there be medals?

A: No, this event does not offer medals or placement awards for participants.

Q: Is this a family-friendly event?

A: Yes, community members of all ages are welcome, registration is required for everyone attending, including children. Besides the 5K, there will also be refreshments, entertainment, a kid's zone and more in the 5K village.

Q: Can I put a team together and/or participate as an individual?

A: Yes, you can do either. You can put a team together with your colleagues, family and/or friends and also participate as an individual. There is no required minimum or maximum number of team members you can recruit on your team.

Q: Is there free Event Parking?

A: Yes, there will be free event parking for participants. Details will be sent out to registered participants prior to the event. You are encouraged to carpool and recommended to arrive before opening ceremonies, which takes place before the start of the 5K.

Q: What time does the event open?

A: The event opens at 7:30am and the 5K fun run/walk is at 8:30am.

(Please note: Entry to the runway may be restricted for late arrivals after a designated cutoff time).

Q: Can I volunteer for the event?

A: Yes, if you would prefer to be an event volunteer, please contact Brittney Farwell at bfarwell@empathhealth.org by November 2nd.