



September 1st-14th 2020

With the cancellation of both the Friendship Run for PCH and the Annual PCH/QEH Bedpan Trophy Relay, the PCH Foundation, in consultation with Dr Michael Irvine and Sheila MacMurdo, is proposing a new virtual event that can be held with social distancing in mind. The Friendship 100KM Team Challenge will see much of the team camaraderie and healthy competition from the Friendship Run and the Bedpan Relay without the crowded start or finish lines or the handing off of a baton.

Race Logistics

Teams will assemble 10-20 people who will divide the 100km goal into increments of 5 or 10km, utilizing the well known run routes of the Friendship Run. Runners must complete their solo 5 or 10 km continuously (in one run) between September 1st and 14th along the Friendship Run courses on the map provided. Please run your exact distance. Any extra distance will be removed based on your average distance/second. Once your run is complete, you are to take a screenshot of the app you are using and send it to runforPCH@gmail.com. The screenshot should include distance, time, GPS mapping of the route, and the date to qualify. Suggested apps -Strava, Garmin, Nike + Run Club, Map My Run (All are free downloads. Apps require data to use). Please ensure your submission includes your name and team name. Individual times will be compiled into a cumulative team time by race coordinators.

The team that completes the 100KM with the lowest recorded group time is declared the winner!

Runners are asked to gather pledges in support of medical equipment at Prince County Hospital using the pledge forms provided. Minimum pledge amount/entry fee is set at \$25 per runner to take part in the event. Donors can also support runners at this link ([INSERT LINK](#)), noting in the form whom they are supporting.

Prizes will be awarded for both teams and individuals based on the following criteria (more to be added): Fastest 5km, fastest 10 km, top individual fundraiser, team with most funds raised, creative team name.

Teams must appoint a captain who will communicate directly with the PCH Foundation office and Sheila MacMurdo for race information. To enter your team, have your captain contact Bevan Woodacre in the PCH Foundation office or Sheila MacMurdo in PCH Rehabilitative Services. Deadline for entry is August 21st.

Bevan Woodacre bdwoodacre@ihis.org 902.432.2858

Sheila MacMurdo smmacmurdo@ihis.org 902.438.4480

100 Km Team Relay FAQs

- How many people can I have on my team?
 - You can have as few as 10 and as many as 20 runners on your team.
- What if I can only run 2km?
 - The bad news is - the minimum distance is 5km. The good news is - you can walk some of it if you need to! The GREAT news is- you have 3 months to train! Please contact Sheila or Bevan for some great 'couch to 5km' run programs!
- Can I run on more than one team?
 - Yes keener! Fill your boots! (Er...running shoes) BUT you must pay an entry fee/raise a minimum of \$25 for EACH team you run for.
- Can I run with someone else?
 - Absolutely! We just ask that each of you capture your individual runs on some kind of fitness tracker. ie you can't run together, have just one of you wear a watch or carry a smart phone and then all send in the same screen shot. Also, please remember to maintain social distancing!
- Can I do the 5km on my treadmill?
 - Unfortunately, no. You must run either the 5km or 10km routes from the Friendship Run (please see race route map) and face all the same terrain/weather/mosquitoes as all the other runners!
- What will my money raised go towards?
 - All monies raised will go directly to the PCH Foundation who will spend 100% of it on equipment for our hospital!!
- Will there be water stations?
 - Nope. Sorry. If you required hydration during your run we recommend carrying a bottle (or stashing one along the route)
- How will I know where I'm supposed to run?
 - Route maps are/will be provided and the route will be marked for the 2 week duration of the relay. Runners will be updated closer to the relay date with the exact type of markings to look for.
- Are there any road crossings?
 - There are not! But there are some stretches of running on the shoulder of the road and on the sidewalk. Always be aware of traffic please!
- Can I walk instead of run?
 - Yes! While you definitely decrease your team's chances of winning 'Fastest Team If you walk a whole leg, we LOVE participation (and exercise) of any kind. Plus you still have a chance at some other great prizes...
- Will there be an amazing after party/buffet of food like we normally see after a BedPan Relay or Friendship Run?!
 - Unfortunately no, we can't hold an after party
- Do I have to work at PCH in order to participate?
 - Great question!! Here's the deal: the Bedpan Relay was always a Hospital vs hospital run- so all runners had to be hospital staff or immediate family. The Friendship Run on the other hand has always been open to everyone. So we are going to do both!
 - In order to qualify as a 'Hospital team' you have to be staff of PCH (or affiliate Health PEI group such as home care, public health, medical center, long term care, etc) or immediate family of staff (this does not include great uncles, 2nd cousins-once-removed, children's best friend's neighbour's brothers, and the like). We HIGHLY recommend unit specific teams as we will of course be once

again competing for a soon-to-be-coveted (yet to be revealed) race trophy that will be displayed for the next year at PCH!!!

- 'Community teams' can be made up of any lovely individuals who want to run and raise money for our great hospital!! The fastest community team will ALSO be awarded a trophy and recognized for their community spirit and general awesomeness.