

## 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 lots of time to train! Please contact Sheila or Bevan for some great 'couch to 5km' run programs! (contact info below)
- 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.
- 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 before Sept 4<sup>th</sup> and remain so for the 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 major 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...
- Do I have to work at PCH in order to participate?
  - You don't!! There are two categories of teams: Hospital and Community
    - Hospital teams must be composed of all PCH (or affiliate Health PEI group such as Public Health, Home Care, LTC, Medical Center, etc) staff OR immediate family of staff. (This does not include great uncles, 2<sup>nd</sup>-cousins-once-removed, children's best friend's neighbour's brothers, etc)
    - Community teams can be composed of any lovely individuals who want to raise money for our great hospital.

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