

## **FAQ (Frequently Asked Questions)**

### **What is the Super Braxton Pediatric Cancer 5K Run/Walk?**

This is a fun event that allows for competition, opportunities for friends and families to spend quality time together, and give everyone a little exercise, all the while knowing that every person who participates is helping to fight pediatric cancer.

There are seven events available state-wide that will be held this Fall as part of the STEPS Walk program sponsored by the Ohio Lions Pediatric Cancer Foundation, of which this is one of.

### **Where do the proceeds of the walk/run go?**

100% of the net proceeds will go to pediatric cancer causes through two programs. **STEPS: Lions for Pediatric Cancer Research** is a statewide Lions Clubs initiative that focuses on donating to Children's Hospitals across Ohio for the specific purpose of pediatric cancer research. There are six children's hospitals we donate to as a state; in OH5, we concentrate on Nationwide and Dayton. **Run4Ruth** is a Leos program that helps families of pediatric cancer patients.

### **Are our donations tax deductible?**

If you register for a race, no, though you are still providing for a very worthy cause, and we would love to see you! However, if you donate or are an event sponsor, and you donate through the Reynoldsburg Lions Charitable Fund, a 501(c)3, these are tax deductible donations.

### **What is the schedule?**

We will have registration open from 8:00-9:00am. Kids Fun Run (see below, it's free!) will start at 9:00am. The 5K Run/Walk will start at 9:30am.

### **Who are the Ohio Lions?**

We invite you to visit our "About Us" are, and even better, check out the Ohio Lions website at <http://www.ohiolions.org/> for additional information. Lions Clubs are 100% volunteer, with a motto of "We Serve" that has lasted for 100 years.

### **Do I need to be some great athlete to participate?**

Absolutely not. The 5K walk/run is all about having exercise and fun with the family, friends, or total strangers. There will be some who are a little more competitive, and we'll let them start out up front, but you can jog, walk, trot or roll (as in wheelchairs, strollers, etc – no bikes!) through the course.

### **Is this a professional level event? Is it USATF certified?**

No, and we aren't pretending to be, either. While we will operate as professionally as we can, please don't come anticipating elaborate gimmicks or costly hooks to draw in the public. After much discussion, it was decided that we wanted to put as much money as possible toward the cause that we feel very strongly about – pediatric cancer research and assistance. We are volunteers who happen to

believe that the general public can enjoy themselves, exercising and enjoying fellowship together, knowing they are making a difference at the same time, and can do so without the glitz and glamour, all of which eats up money.

### **Are there age limits?**

Nope. This is a family friendly event. Anyone who can walk, run or roll through the course is welcome. Strollers, wheelchairs, and service dogs are all allowed. Competitive runners will be lined up at the front for safety reasons.

### **When is the deadline for registration?**

Online registration will end **one week prior**. **However, to get an event shirt in your size guaranteed (which will be available to be picked up at check-in) you must register no later than November 1, either through mail or online.** You can register on race day as well, but there will not be a shirt available guaranteed in your size. All registrants will be provided with water, snacks, and other items.

### **What do I need to bring?**

If you registered on-line, we ask for you to bring your ID. All participants are encouraged to wear comfortable clothing suitable to the weather conditions. Please also bring any PPE (i.e. masks) that Ohio Law requires at the time of the event.

### **When should I arrive?**

If you are already registered, please be present at least 30 minutes prior to the race to allow for time to check in. If you are registering same day, please arrive an hour before the race to ensure we can get everyone taken care of prior to the starting gun.

### **Are pets allowed?**

Other than service animals, we cannot have any four legged friends joining you that day. Sorry! All service animals are welcome provided they are clearly identifiable as such. (i.e. harnesses, covers, etc.)

If you do have a service animal, please notify the volunteers at check-in.

### **Can I just come and cheer on the walkers?**

Absolutely! Love to have you out there.

### **What happens if there is bad weather?**

Unless you are a wicked witch, you won't melt. Obviously, if there is seriously inclement weather, such as thundershowers or tornadoes, we won't be walking...or running. Check your area's weather. Our website, [district13oh5.org](http://district13oh5.org), will announce any changes to schedules on the day of each event.

## **I like to “jam” when I walk. Can I bring my radio with me?**

If you have ear buds, feel free to bring your phone, ipad, ipod, walkman, or boom box. Listen to country, jazz, rap, rock, or whatever you are into. If you do NOT have ear buds, please leave the sound off. Not everyone has your taste in music.

Along those lines...for the safety of those around you, please do not text and walk. Seriously. If you feel the burning need to text, “pull over” to the side. Too many people, too many chances for collisions. While it might not be a traffic accident, it can still hurt!

## **What is the policy on tobacco products?**

Summit High School is a tobacco free zone. In keeping with school policy, we ask that those products stay in your vehicles.

## **I can't attend, but I really want to participate. Is there a way?**

As a matter of fact, there is! We have a category called “**Virtual Walkers.**” If you can't make it to the real thing, we offer you the chance to register anyway as a walker. Whether you live two hours or two time zones away, ANYONE can be a virtual walker. You can do the walk according to your own schedule and know you made a difference!

## **What is the cost of the event?**

\$25/person is the registration fee for walkers/runners for Early Bird registration prior to November 1. \$30/person from November 1 to day of the event. \$15/walker 6-8 years old. Children 5 and under are free, but no shirt. If a participant raises at least \$30 using the “racer sponsor form,” registration fee will be included in those sponsor donations and the registration fee will be covered. Note: Pediatric cancer patients and immediate family members are free, including immediate family members of children who have lost the battle, but they must register by paper registration that is mailed in or given to one of the Reynoldsburg Lions – there is no option on-line available..

## **How can my kids participate?**

Any child may participate in the 5K, and the registration form goes over the rates. However, we also acknowledge that younger children may have a tough time with a 5K.

You may have to have someone watch your young child while you run in the main event, (they can cheer you along!) but we also want them to have a chance to show support...so we will have a much shorter “run” for them before the 5K begins so they can be a part of the festivities for the day. Any child 8 and younger (or thereabouts) who wants to get into the “Fun Run” simply has to be at the starting area at 9:00am. This is free for all kids who want to participate.

## **How can I volunteer?**

If you are an Ohio Lion, contact your district governor. All others can email us through the address provided on the website and we will point you in the right direction.

Even if you do volunteer, all donations are welcome and appreciated!

### **What is the refund policy?**

There will be no refunds for this race.

- Entries are non-transferable.
- Race Management reserves the right to cancel or modify the event due to unfavorable conditions.
- Registration fees are not refundable in the event of cancellation due to “Acts of God.”

In the event of a cancellation, people who registered on-line and ordered a shirt will still be able to get the shirt. Details will be posted on the website at **district13oh5.org** as to when and how.

### **What if I need help during the event?**

Volunteers will be clearly identified, and you are welcome to ask any of them for assistance. Our goal is to make this a successful experience for all!

### **How are you protecting against COVID?**

We have a volunteer whose job it is to research and keep our event within compliance according to Ohio laws and mandates at the time of the event. Required PPE will be available at no cost to our event participants and volunteers for anyone who didn't bring protection with him or her. Social distancing will be enforced. Anyone who is not feeling well the day of the race, or is not comfortable with being around other people at this time, is asked to stay away from the event – please consider registering as a virtual walker!

### **What if I have a super cool question that is not listed here?**

Email us and ask away! We'll respond as quickly as we can. If it's “super cool” enough, we might even add it to the list!