

# RIVALS RUN

## FREQUENTLY ASKED QUESTIONS

### 1. WHEN IS THE RUN?

The Rivals Run is part of a larger community event which will take place on Saturday the 25<sup>th</sup> of August 2018.

### 2. WHAT TIME DOES IT START?

The community event starts 11am until 4pm. The start time of the run itself will be confirmed closer to the date.

### 3. WHERE IS THE RUN TAKING PLACE?

The run will start and finish at the Geraldine Mary Harmsworth Park (beside the Imperial War Museum). The full route can be found by clicking [here](#).

### 4. HOW MUCH DOES IT COST?

Participating in the run will cost **£15** per runner. This payment can be made online after you have completed the registration form.

### 5. HOW OLD DO I HAVE TO BE TO SIGN UP?

To run in the Rivals Run, you must be over 16 years old. However, there are loads of activities for all ages taking place at the Geraldine Mary Harmsworth park - so there is something for everyone!

### 6. I HAVE SIGNED UP – HOW DO I KNOW WHAT TEAM I AM ON?

You should receive a confirmation email within 48 hours that will show you the team you have joined. You will also receive a personalised team donation document which will allow your friends, family, colleagues etc. to donate directly to you and your team!

### 7. I HAVE MY TEAM – HOW DO I COLLECT POINTS?

There are 3 main ways to collect points for your team.

- **Fundraise.** Points will be awarded for donations made towards your team. Simply put, the more money you raise – the more points you will receive.
- **Attend Train Station Sessions.** Points are also awarded weekly to the team that has the highest attendance at our fitness sessions. Points will also be given to the team that performs the best in our end-of-session fitness challenges. To find out more about our sessions please click [here](#).

### 8. ARE THERE ANY REWARDS FOR FINISHING THE RACE?

Apart from the sheer glory of completing, you will also receive a bespoke Rivals Run medal.

### 9. I DON'T WANT TO RUN, BUT CAN I STILL SUPPORT?

Don't worry if you do not want to run. There are loads of other activities for you to take part in on the day as well as Volunteering opportunities. If you would like to volunteer to help make the day run smoothly, please send us your details by clicking [here](#).

## **10. I CANNOT ATTEND - CAN I STILL SUPPORT?**

We would love to see you on the day, but if you cannot make it, you can always donate to the team of your choice.