



Frequently Asked Questions

When is the Scotiabank Toronto Waterfront Marathon, Half-Marathon and 5k Run / Walk?

It is on Sunday, October 19, 2014.

What is the distance of the race?

The distance is five kilometres. You can walk or run a half-marathon or a full marathon.

Do I have to run?

No, you can walk, run, or participate with a wheelchair. It is even possible to participate in the 5k with a baby stroller!

How can I support Women's College Hospital in this event?

You can support us in the following ways:

- 1) sign up to participate and fundraise, or
- 2) sponsor one of our participants or donate to the race fund.

See below for more information on how you can do that. We appreciate all of your support!

Can family and friends participate with me?

Absolutely! Everyone is welcome to join in the race and our fundraising efforts.

How much will it cost to participate?

The Association of Volunteers will cover the registration fees for participants who sign up to fundraise, so you will not have to pay anything. In exchange, we request each participant to target raising \$250 towards our fundraising goal of \$10,000.

That makes me nervous. What if I don't hit my fundraising target?

Don't worry, you'll receive support and ideas to help you with your fundraising. We ask that you do your best and ask for help if needed. You can do this!

What will the funds raised be used for?

The funds raised by the Association of Volunteers support several Women's College Hospital programs by:

- purchasing TTC tokens for women recovering from abuse so they can attend a program that will assist them in healing and moving on
- providing support to victims of sexual assault or domestic violence through the Sexual Assault/Domestic Violence Care Centre, and
- continuing support for research projects focused on women's health.

How do I sign up to participate?

Electronically: Email wchvolunteers@gmail.com to request a registration form. Fill it out and we'll get you registered!

By paper: Pick up and drop off a paper copy of the registration sheet at the info desk in the hospital.

How can I donate or sponsor a participant?

Go to STWM.ca. Under "Charities & Community" click on "Sponsor a Runner." In the page that opens, search for "Association of Volunteers" to make a donation, or put in a participant's name to sponsor a fundraiser. If you can't find us, please email wchvolunteers@gmail.com to ask for assistance. Alternatively, you can send a cheque marked "marathon donation" (be sure to also include the participant's name you're sponsoring, if applicable) to:

Association of Volunteers, Women's College Hospital
Attention: Wendy Chou
76 Grenville Street, 6th floor
Toronto, ON, M5S 1B2

**All pledges of \$20 or more will receive an official tax receipt (either electronic or in the mail).*

If I sign up to participate, how do I fundraise?

Each participant will have his/her own fundraising page online and will receive an email with instructions regarding how to access this. Share this page by email or on social media with friends, family and colleagues to let them know you're taking part and to ask for donations. It's also possible to collect cash or cheque donations from people who are unable to donate online (contact wchvolunteers@gmail.com to set this up).

What happens on the day of the race?

All participants will receive further instructions about race logistics closer to the event.

What if I have other questions?

Please send an email to wchvolunteers@gmail.com and we'll get back to you as soon as we can!