

Over
25
years of Healing
and Change



Lynnsie's Run

for SAC Brant

FREQUENTLY ASKED QUESTIONS

What is Lynnsie's Run?

Lynnsie's Run is a 5km/10km charity run or 1km charity walk to raise awareness and funds for the Sexual Assault Centre of Brant. The run is organized entirely by staff and volunteers from SAC Brant. The run is named for Lynnsie Feijo, the Centre's first public educator and former board president, an avid runner who was dedicated to creating Healing and Change in Brantford and Brant County.

What if I don't like to run?

Lynnsie's Run is for people of all ages and ability levels who want to raise awareness and contribute to their community. Non-runners can choose to walk all or part of the 5km or 1 km course, cheer on the other participants, and browse the silent auction. For safety reasons bikes, inline skates, scooters, and skateboards are not permitted.

Is Lynnsie's Run family-friendly?

Yes! Lynnsie's Run is a family event! The 1km route is a great introduction to trail running for young children, and strollers are welcome on the 5km route. Before and after the run kids can enjoy crafts, face painting, balloon animals, and visiting with special guests like Taylor the Turtle and his friends.

How do I register?

Click the "Register Now" button to sign up through RaceRoster, where you can create or join a team, customize and share your fundraising page, and track your fundraising progress through your RaceRoster profile. You can also phone or fax your registration to the Centre and/or register in person on race day.

How much does it cost?

A participation fee of \$35 per person is due at check-in on Run Day, but if you raise more than \$100 in donations that fee is waived. The \$35 fee covers your participation in the run and official Lynnsie's Run 2020 t-shirt (while supplies last).

Questions? Call the Sexual Assault Centre of Brant at 519-751-1164 or email thesacrunc@sacbrant.ca

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Can I register as part of a team?

Absolutely! When you register, you will be asked if you want to join an existing team or create your own. Your individual fundraising page will link to your Team fundraising page so you can track both your individual total and your team's progress! You can also join a fundraising team and support SAC Brant even if you can't come to the Run – just select the "Fundraising Only" option when you register.

Do I have to collect the money from people who sponsor me?

When you sign up, RaceRoster creates a personal fundraising page where people can donate online to you and/or your team. You can also print pledge sheets at sacabrant.ca/events, collect cash or cheques, and bring these to the check-in area on run day. Cheques should be made out to "**Sexual Assault Centre of Brant.**"

Can I pay with debit or credit cards?

Your supporters can donate via credit card through your online fundraising page. On race day we will accept cash, cheques, and credit cards for in-person registration and silent auction. Debit is not available.

Can I bring my pet to the Run?

For logistical reasons, pets are not permitted at the event. Service animals are of course always welcome.

Will there be food and drinks available?

There are water stations on the 5 km and 10 km routes and refreshments are provided to all participants after the run.

What should I wear?

Wear whatever makes you comfortable (but be sure to check the weather)! Registered participants will receive the official Lynnsie's Run 2020 T-shirt (while supplies last). We love to see lots of purple as it's the official colour of SAC Brant, and there are prizes for "Best Dressed" and "Team Spirit," so be creative!

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