

# **The SAC Run 2015**

## **Frequently Asked Questions....**

### **What is the SAC Run?**

The SAC Run is a 5km or 10km charity run or 1km charity walk to raise awareness and funds for the Sexual Assault Centre of Brant.

### **When and where is the SAC Run?**

The walk/run is on Sunday May 24, 2015 at Waterworks Park in Brantford, Ontario, located at 390 Grand River Avenue. Registration/check-in starts at 8:30am. The 5km/10km run starts at 10am and the 1km walk starts at 10:10am.

### **Who organizes the SAC Run?**

The SAC Run is organized entirely by staff and volunteers from the Sexual Assault Centre of Brant.

### **When is my registration form due?**

Please complete and submit your registration form as soon as possible so we can ensure your moisture wicking T-shirt size. You can submit your form via email, fax or mail. We will also accept registration forms on the day of the event.

### **How much does it cost to register?**

The registration fee is \$35, but your fee will be waived completely if you raise more than \$100!

### **When is my registration fee due?**

Please bring your registration fee along with your pledges to the check-in area on race day. If you raise \$100 or over, your registration fee will be waived.

### **Do I have to collect the donations from people who agree to sponsor me?**

Yes. Please bring your pledge money to the registration/check-in area on run day. Cheques can be made out to "Sexual Assault Centre of Brant." We are a registered charity so if your sponsors donate \$20 or over, they will automatically receive a tax receipt.

### **What is new this year?**

We are excited to announce that this year our event day will feature a silent auction! We will have an assortment of awesome gift packages available for bidding. The auction is open for run participants and guests and we are

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hopeful to make this a fun part of the day. Bidding will close in time for our closing ceremonies. Cash or cheque payment only please.

## **What run options are available?**

There will be both 5km and 10km run options along the beautiful Grand River. The course is flat.

There will also be a 1km run/walk option and children are welcome to join participants for this event. The 1km run/walk will head down the trail in the opposite direction from the 5km/10km runners.

## **Do I actually have to run?**

No, you can walk, run or a combination. There will be people of all ages and ability levels – what they have in common is a desire to raise awareness and contribute to their community!

## **Can I ride my bike or inline skates?**

No. For safety reasons bicycles, inline skates, scooters, and skateboards are not permitted at the event. Strollers are welcome. We do kindly request that slower runners/walkers and strollers stay to the right hand side of the trail to ensure that runners are able to pass freely.

## **Can I bring my pet to the Run?**

No. For safety reasons, pets are not permitted at the event.

## **Will there be water stations?**

Yes, there will be a water station at the 2.5km mark (located near the area of Glenhyrst Gardens) and additionally this year, there will be a second water station at the 4.5km mark (located near the area of Hardy Road). Refreshments will be provided for all participants after the run.

## **What should I wear to the run?**

Wear whatever makes you comfortable! T-shirts will be provided to all registered participants. We would also love to see folks wearing purple as this is the colour of the Sexual Assault Centre of Brant.

**Have more questions?** We are happy to answer them! Reach us at the Sexual Assault Centre of Brant by calling 519-751-1164 or emailing us at [thesacrunc@sacbrant.ca](mailto:thesacrunc@sacbrant.ca)

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