

# SL5K

Nature's  
EMPORIUM RUN FOR  
SOUTHLAKE



## VIRTUAL EVENT FAQ

### What Is The Nature's Emporium Run For Southlake – SL5K Virtual Challenge?

The SL5K Virtual Challenge is the replacement of the postponed 2020 Nature's Emporium Run for Southlake, and is a 5-day VIRTUAL kilometre challenge. See how much ground you can cover over the course of 5 days doing ANY distance-based activity (run, bike, row, walk, horseback ride, pogo – ANYTHING). During the 5-day challenge you can track your kilometres using the My Virtual Mission platform as an individual or as part of a team.

### Why Did The Nature's Emporium Run For Southlake Go Virtual?

After thorough consultation with key Southlake stakeholders, sponsors, the Run Committee and staff, it was apparent that the health and safety of our participants and communities is our top priority. With restrictions on large gatherings still in place, moving forward with an in-person event was not possible. We are confident that this new format will enable us to continue to connect and engage with you, our Run community, and raise vital funds that make our work possible.

### What Is The Benefit Of Participating In A Virtual Event?

The SL5K Virtual Challenge allows you to give back to your hospital with the flexibility of participating from anywhere, at any time, with any distance-based activity, in a safe and fun way! On top of these benefits, we are committed to providing an elevated virtual experience through using the My Virtual Mission platform and our exciting new *Leading Edge Series* of special content. To top it all off, you still receive all the swag you're used to getting in your Race Kit and on race day.

### Is The Event Still A Run/Walk?

Yes, but...it's so much more! You can still choose to run or walk, but this year we've expanded the possibilities to ANY distance-based activity. That means you can run, bike, row, walk, horseback ride, pogo, rollerblade, cartwheel – or do anything else you can think of to cover as much ground as you can in five days.

### What Is My Virtual Mission?

[My Virtual Mission](#) is a web- and app-based platform designed for you to track your distances toward a mission goal. During the five days, participants will use the platform to track their kilometres, advance along the route, chat with teammates, and more!

### I'm Not Very Tech Savvy, Will I Find It Difficult To Participate Virtually?

The My Virtual Mission platform is fun and easy to use. And if there are any troubles our team is committed to helping you every step along the way with in depth instructions, videos, and support.

### How Do I Participate In The SL5K Virtual Challenge?

If you registered any time before June 15th, 2020 your registration has automatically been converted into a Virtual Participant and no further action is required other than getting excited, fundraising and training! If you are interested in joining the SL5K Virtual Challenge, [REGISTER NOW](#) and start sharing your story and fundraising in support of Southlake!

### Why Should I Pay For The SL5K Virtual Challenge?

While we may be apart this year, you are not alone. And now more than ever, we need your help. Did you know most new and replacement hospital equipment is not funded by the government? We rely on the generosity of people like you to help us replace the life-saving tools that have become worn from overuse and to purchase new technology that helps improve patient care.

### What Is Included In My Registration?

Included in your registration you will receive the following:

- Race kit
- T-shirt
- Finisher Medal
- Access to the My Virtual Mission platform

### **Does My Fundraising From Before Still Count?**

Yes! All previous fundraising will continue to count towards individual and team fundraising totals and incentives.

### **How Will I Get My Race Kit And Swag?**

During our Nature's Emporium curb-side kit pick up on Sept 18th and 19th, participants will be able to pick up their race kit, t-shirt and finisher medal while following all physical distancing guidelines and best practices.

### **Will There Be Other Online Activities Where Can I Connect With My Fellow Supporters?**

In addition to the My Virtual Mission platform, registrants will be invited to join the *Leading Edge Series* – a series of webinars before and during our challenge to connect with other participants, sponsors, hospital staff and special guest speakers!

### **How Can I Support The SL5K Virtual Challenge, But Not Participate?**

Participating in the SL5K Virtual Challenge is easy for all skill levels. If virtual isn't for you, we completely understand! Feel free to donate to the event or support someone you know participating, consider pledging \$1 for every kilometre they cover!

Donate to a Participant: [Donate Here](#)

Donate to the Event: [Donate Here](#)

### **I Already Participated In The #SL5KTogetherApart Challenge, Is This Different?**

YES, the #SL5KTogetherApartChallenge was organized as a way to celebrate the original date of the event – April 26th, 2020. The SL5K Virtual Challenge is a whole new and exciting 5-day challenge that will replace the in-person event for 2020.

### **Are There Still Incentives For Fundraising?**

Absolutely! In addition to the opportunity to earn gift cards to Nature's Emporium, participants can also earn exclusive merchandise! We are excited to announce the new \$100 level incentive prize – fun, bright green SL5K training socks (images coming soon!). A full list of incentives will be available at [runforsouthlake.ca](http://runforsouthlake.ca) June 22nd.

### **Is The SL5K Going Back To An In-Person Event In 2021?**

This virtual event is a solution for the postponed 2020 event and at this time there are no plans to move permanently away from the in-person event we know and love. Our top priority is to ensure the safety of our participants. We are excited about the SL5K Virtual Challenge and will keep you updated about the 2021 event.

### **How Do I Track My Kilometres?**

In September you will receive an invitation to join the My Virtual Mission platform. This platform connects directly to fitness tracking apps, or distances can be manually entered into the system. Our team will provide you with all of the information you need to easily track your distances.

### **Do Kilometres I Cover Leading Up To The Challenge Count?**

Only kilometres tracked during the 5-day challenge from Sept 23-27th will count towards the challenge, however we encourage everyone to get creative and train beforehand!

### **I'm Not Interested In Participating Virtually, What Are My Options?**

Virtual is not for everyone, we understand. If you would prefer to opt-out of the SL5K Virtual Challenge, you have from June 15th to June 21st (11:59 PM ET) to contact us via [runforsouthlake@southlakeregional.org](mailto:runforsouthlake@southlakeregional.org) to either:

1. Defer your Nature's Emporium *Run for Southlake* registration to 2021.
2. Convert your registration fee to a donation and receive a tax receipt for the full amount.