

Frequently Asked Questions



Beth Israel Lahey Health

Virtual

Lahey Cancer Institute
5K Walk & Run



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The Lahey Cancer Institute 5K Walk & Run has been the one time each year when we celebrate our cancer patients, survivors and caregivers — and honor the loved ones we've lost.

Our amazing 5K community that has pulled together for 15 years won't let the pandemic stop us from raising money and supporting cancer patients and survivors!

The Virtual Experience

How does the 2020 Virtual Lahey Cancer Institute 5K Walk & Run work?

Instead of a live event, you will complete your own 5K (3.1 miles) over a 15-day period, from June 12 to June 27.

- You choose the activity — walk, run, bike, row, skateboard, paddle board, dance — whatever you love to do!
- You choose the course — on a treadmill, driveway, sidewalk, trail — wherever you are most comfortable.
- Always keep the importance of social distancing in mind.
- If you are a team, consider video conferencing or covering your 5K course in small groups with social distancing.

- If you are a team captain, create a fun competition (even from a distance) for the best route, best sidewalk start/finish, and/or best 5K celebration.
- Take photos and videos. We want to see you and hear your messages [on Facebook!](#)

Can I still be part of a team?

Absolutely! As always, being part of a team makes this a more social opportunity. And we all need those during our social distancing time! Help us spread the word to family, friends and co-workers.

Will I get a t-shirt?

Unfortunately, not this year. You WILL get a commemorative “race bib” that you can download and personalize. We're looking forward to seeing photos of you wearing your bib appearing on our [Facebook page!](#)



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Where will we connect?

Be part of our online community! Instead of walking and running side by side, we will unite online, and it's up to all of us to make it happen.

- We will “gather” on the 2020 Virtual Lahey Cancer Institute 5K Walk & Run [event page on Facebook](#).
- The more you share, the more fun we have together — and the more we celebrate together.
- Share fundraising ideas, tips and successes.
- Share photos, videos, messages of hope and encouragement for patients and survivors, recorded video chats — and more.

Can we connect before June 12?

Absolutely!

- We will start sharing a few photos and tidbits long before June 12.
- Invite your friends, family, co-workers to join the [Facebook event page](#) as well!

What will happen from June 12-27?

June 12 — Day 1

We will post a special video greeting to all of you to kick off our 15-day virtual event and offer at least one challenge.

June 13-17 — Days 2-7

Take the challenge posted on Day 1. Get out and get active. [Share, share, share!](#) We look forward to lots of creativity.

June 18 — Day 8

We will post a special video greeting from our caregivers and leaders to keep you inspired and connected and offer at least one challenge.

June 19-26 — Days 9-14

Take the challenge posted on Day 8. Get out and get active. [Share, share, share!](#)

June 27 — Day 15

Celebration! We will post a special video greeting and thank you to all.



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Registration

What if I already registered when this was a live event?

We've gone ahead and converted your registration to be a virtual walker — There is nothing more you need to do!

My whole family is walking. Does everyone have to register?

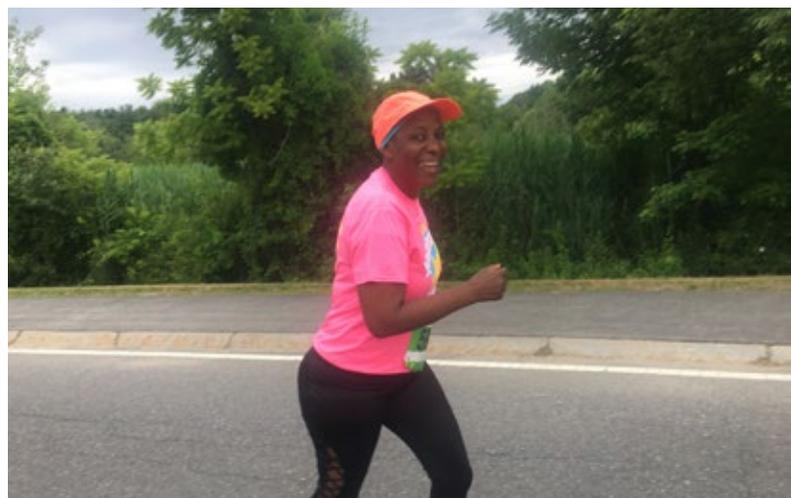
Yes! Every member of the family is an important part of the Walk community, so we require that all walkers register.

Can I still invite people to join my team?

Yes! We are still accepting new registrants and team members. Ask your friends and family to join you virtually, and encourage them to share on social media why they are walking for 2020 Virtual Lahey Cancer Institute 5K Walk & Run using #Lahey5K.

Do kids get free registration?

Yes, anyone under 13 will get free registration. Please register children so that we can acknowledge them with a commemorative "race bib".



Teams

How do I form a team?

Team captains create a team during the registration process. Simply click register and select the "Create a Team" option.

How do others join my team?

All team members must register. During registration, participants can join your team by searching for and choosing the team's name. Or they can join your team directly from your team page. You can set up a custom URL to share, or use the provided email templates to send a personal invitation. Login to your Participant Center to see more options to recruit teammates.

If I register before my team captain, can I still join our team?

Yes. Once your team captain has registered, go to your personal fundraising page and click the "Join a Team" button. You won't have the option to join the team until he or she has registered.



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Fundraising

Can I still fundraise? How?

Absolutely! Patients and caregivers at the Lahey Cancer Institute need your help more than ever. We understand that this is a particularly challenging time to be asking your friends and family for donations. Our team will share ways that you can continue engaging those who are able and those who are not able to give right now.

- You have full access to your Participant Center and our Fundraising Toolkit, which have lots of great resources for you.
- We make it easy: Log into your Participant Center to check out tips and tools to help you kick-start your fundraising!
- Watch our [Facebook event page](#) and see how others are fundraising this year.

Rallying around our patients and cancer survivors is our #1 priority this year! Your participation alone sends a powerful message to those we are caring for each and every day.

What is the suggested fundraising minimum?

The suggested fundraising minimum for all adult participants (13 and older) is \$100.

Where does the money go?

Check out some great stories about how funds raised through the Lahey Cancer Institute 5K Walk & Run are helping cancer patients at [Addison Gilbert and Beverly hospitals](#), [Lahey Hospital & Medical Center](#), [Lahey Medical Center](#), [Peabody](#) and [Winchester Hospital](#).

Thank you for making a difference. With your energy and enthusiasm, we will raise at least \$200,000 together and rock this event for our patients and survivors!



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How should I provide my donations?

Please encourage supporters to donate online through your personal fundraising page. If your donor prefers to write a check*, they can do so by mailing it along with this form to the following address:

Lahey Hospital & Medical Center
Attn: 5K Philanthropy
41 Mall Road
Burlington, MA 01805

*All checks should be made payable to 2020 Virtual Lahey Cancer Institute 5K Walk & Run. Include your name and/or team name in the memo area. If you have any questions please [email us](#) or call us at 781-744-8500.

Do you send acknowledgment letters for contributions?

All donors who donate through your fundraising page will receive an email acknowledgment with a receipt from Lahey Hospital & Medical Center.

Other

Why wasn't another date chosen?

With the rapidly-changing situation and the planning that an event of this size entails, we feel that the best and safest decision for our community is to hold a virtual event in 2020. We all hope to be back together in June 2021.

Can I bring my dog?

Virtual event perk — your dog can come along!

Volunteers

Due to the virtual format, we will not need volunteers for the 2020 event.

- Still want to participate? Start by registering as a virtual walker today! For special accommodations, please email us or call us at 781-744-8500.
- Already registered as a volunteer? You can still fundraise!

