

STEPS TO JOIN THE GOOD COMPANIONS IN THE OTTAWA RACE WEEKEND

May 28–29, 2022

The Good Companions is jumping back on board the Ottawa Race Weekend charity challenge! Blow the dust off of your sneakers and pledge to support Team TGC by collecting donations for your Centre! Over the past 5 years, we have raised an incredible \$65,000 to enhance our programs and services. This event is for all ages and all abilities, so bring yourself, your friends/children/grandchildren, and enjoy a fantastic day of excitement and walking!

We will be organizing a group walk in the “Ottawa 2K presented by ASICS Runkeeper” race Saturday, May 28th at 4 p.m. The fee is \$44 + applicable taxes and fees per participant.

For anyone feeling a bit more ambitious than the 2KM, you can still support and join The Good Companions no matter which race you enter!

First Step – use this link to register! (It automatically donates \$5 of your registration fee to The Good Companions 😊)

➔ <https://raceroster.com/50770?aff=27VCM>

You will be redirected to the page below. If you have not previously participated in a Race Weekend event you will need to create a user profile and password. If you are registering yourself and family members, you will only need to create one user profile. You will have the option to add additional runners on one single registration.

Now click here



Second Step – You may now complete your registration page including selecting your race of choice, your personal and health information, etc.

*You can opt out of receiving a medal and donate the funds to The Good Companions.

Green bib

Would you like to opt out from receiving a medal and go green? *

- No, I would like to receive my medal.
- Yes, opt out and go green. I understand that \$5 of my registration will be donated to the Green Bib Fund.
- Yes, opt out and go green. I understand that \$5 of my registration will be donated to to charity of my choice.

Which charity would you like to donate \$5 to? *

If using a keyboard, drop down selections must be made using the enter key.

Good Companions Seniors' Centre

***Joining our charity – For staff/members/volunteers please join our existing Team**

Charity Challenge

Are you participating as part of the Charity Challenge? *

- I do not wish to fundraise for a charity
- I'd like to create a new fundraising team
- I'd like to join an existing fundraising team

Select team

The Good Companions

By joining a team, I understand and agree that: *

- The team captain will be able to see various details of my registration, including my contact information.

Selected fundraising organization for *The Good Companions*:

- The Good Companions

***Joining our charity – For Our Race Weekend Sponsors, please create your own team to track your fundraising progress!**

Charity Challenge

Are you participating as part of the Charity Challenge? *

- I do not wish to fundraise for a charity
- I'd like to create a new fundraising team
- I'd like to join an existing fundraising team

Team name *

Create Your Team Name Here!

Do you want to set preferred fundraising organization(s) for this team? *

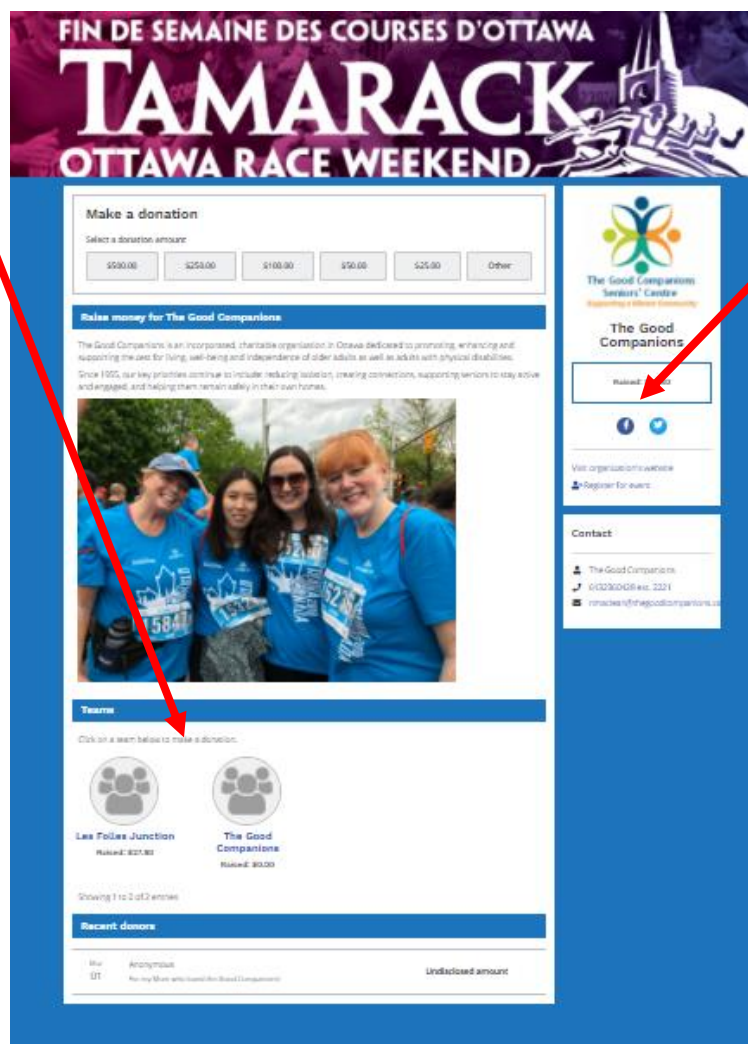
× The Good Companions

By joining a team, I understand and agree that: *

- The team captain will be able to see various details of my registration, including my contact information.

This is The Good Companions [Main Charity Page](#). Once you have completed and paid for your registration, you will see yourself here (either under The Good Companions Team [click], or under the unique team you created). Use the Social media links (Facebook and Twitter) to promote your race and to ask your family and friends to support you!

Once registered, you should also receive an e-mail titled: **“Set-up your individual and team fundraising pages” from Tamarack Ottawa Race Weekend** with a link to update your personal fundraising page (add a photo and a fundraising goal for a personal touch and to encourage support!)



It's just that easy! If you have any general inquiries, or questions about registering please contact: Nicole MacLean. We can't wait to race with you! 😊

Email: nmaclean@thegoodcompanions.ca Phone: 613-236-0428 Ext. 2221.