

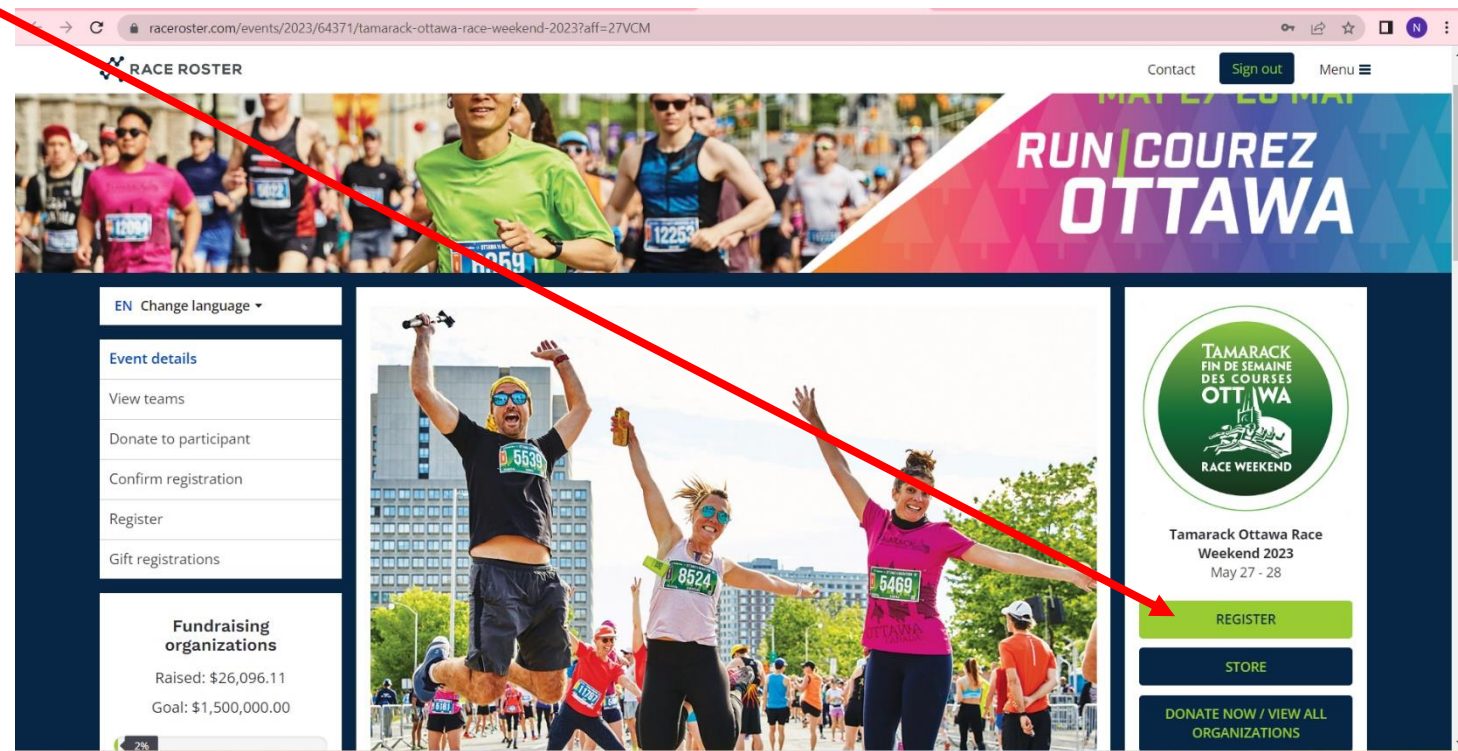
STEPS TO JOIN TEAM GOOD COMPANIONS IN THE OTTAWA RACE WEEKEND: May 27-28, 2023

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

➔ <https://raceroster.com/64371?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 (family members) on one single registration. There is the option to add additional runners at the bottom of the page.

Now click here



The screenshot shows the Raceroster website for the Tamarack Ottawa Race Weekend 2023. The page includes a navigation bar with 'Contact', 'Sign out', and 'Menu' options. The main banner features the text 'RUN | COUREZ OTTAWA' and a photo of runners. A sidebar on the left contains 'Event details' and 'Fundraising organizations' information. The 'Fundraising organizations' section shows 'Raised: \$26,096.11' and 'Goal: \$1,500,000.00'. The right sidebar contains a circular logo for 'TAMARACK FIN DE SEMAINE DES COURSES OTTAWA RACE WEEKEND' and a 'REGISTER' button. A red arrow points from the text 'Now click here' to the 'REGISTER' button.

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

Joining our Charity

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

Once you have completed and paid for your registration, you will see yourself on The Good Companions [Main Charity Page](#) (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!)

Make a donation

Select a donation amount

Raise money for The Good Companions

The Good Companions is an incorporated, charitable organization in Ottawa dedicated to promoting, enhancing and supporting the best for living, well-being and independence of older adults as well as adults with physical disabilities since 1995.

Our key priorities continue to include: reducing isolation, creating connections, and providing programs which aim to keep seniors living independently in their homes for as long as possible.

Your support will allow The Good Companions to continue providing active, social options that elevate one's quality of life and the opportunity to feel valued and part of their community!

Please donate today!



Teams

Click on a team below to make a donation.



The Good Companions
Raised: \$0.00

Showing 1 to 1 of 1 entries

Recent donors



The Good Companions Seniors' Centre
Supporting a Vibrant Community

The Good Companions

Raised: \$6.33
Goal: \$10,000.00



Visit organization's website

[+ Register for event](#)

Contact

 The Good Companions
 6132360428 ext. 2221
 nmaclean@thegoodcompanions.ca

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.