Event FAQ's:

Q: Do we need to register for the event?

A: Yes, pre-registration is required for everyone. Please register for free here: https://p2p.onecause.com/uptown5k/home

Q: Is there a registration fee?

A: The event is free. However, participants are required to register. Participants are also encouraged to individually fundraise to receive incentive prizes and support Trustbridge Hospice Foundation. To learn more, view our Fundraising Incentive Flyer.

Q: Will there be food?

A: Yes, light snacks/fruit/water will be in the Village starting at 7:30am.

Q: Are pets allowed?

A: No, pets are not allowed anywhere at the event.

Q: Can I get an Event T-Shirt?

A: Yes, if you individually raise $50+ or more shown on your personal fundraising page, you will get an Event T-Shirt that you can pick up at the Check-In Tent on event day starting at 7:30am.

Q: Where can I pick up my fundraising incentives?

A: If you have qualified for fundraising incentives by individually fundraising *(view Fundraising Incentive Flyer)*, you can pick these up at the Check-In Tent on event day starting at 7:30am.

Q: Is the route a full 5K?

A: Yes, it is a full 5K fun run/walk on the FXE runway (2 loops)! There will also be a 2K route available (1 loop).

Q: Can I walk or run the 5K?

A: Yes, this is a 5K fun run/walk so you can run or walk the 5K.

Q: Is the 5K timed?

A: No, this is not a certified course or timed race.

Q: Will there be medals?

A: No, medals will not be given out.

Q: Is this a family-friendly event?

A: Yes, community members of all ages are welcomed, registration is required for everyone. Besides the 5K, there will also be refreshments, entertainment, a kid's zone and more in the 5K village.

Q: Can I put a team together and/or participate as an individual?

A: Yes, you can do either. You can put a team together with your colleagues, family and/or friends and also participate as an individual. There is no required minimum or maximum number of team members you can recruit on your team.

Q: Is there free Event Parking?

A: Yes, there will be free event parking for participants. Details will be sent out to registered participants prior to the event.

Q: What time does the event open?

A: The event opens at 7:30am and the 5K fun run/walk is at 8:30am.

Q: Can I volunteer for the event?

A: Yes, if you would prefer to be an event volunteer, please email bfarwell@tbfdn.org.