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Frequently asked questions

Registrations are open for the **Zahra Foundation Women on the Run** sponsored by **Credit Union SA** from 31/1/21 to 15/3/21.

The walk/run is **4km long** and will be from the Grange Jetty Reserve to Henley Beach Jetty and return.

The event **raises funds and awareness for women who have experienced domestic or family violence**. Your support will allow the Zahra Foundation to deliver empowerment programs and services to women as they plan for a safe future.

The event reminds us that women and children often have to flee domestic or family violence with **just a bag on their back**. We're encouraging you to wear a backpack with **rice, pasta, tinned fruit or veg or tinned tuna** to donate to **Foodbank** who will be on hand to collect any donations at the end of the 4km run/walk.

When: Sunday 21 March

Where: Grange Jetty Reserve (on the foreshore opposite Grange Hotel)

Time: Registrations open 8:00 am; event 9:00 am – 11:00 am

Costs:

Individual \$ 30.00

Family (maximum of 4) \$ 70.00

Team (maximum of 6) \$100.00

To register: <https://www.eventbrite.com.au/e/women-on-the-run-2021-tickets-137227626525?aff=>

What do I get for my registration fee?

Your **entry into the race**, a **free coffee** (to wake you up on a Sunday morning) and **running hat** when crossing the finish line.

What should I bring/wear?

- A backpack filled with rice, pasta, tins of fruit and vegetables or tinned tuna.
- Comfortable clothing and shoes for walking or running.
- A hat, sunscreen and sunglasses for the event.
- Your own water.

I want to take part with a team – do we have to sign up at the same time?

No. The first person to join up can create a team and share their chosen team name with the rest of the members. Anyone can join when they're ready.

If you want to take part as a team, we ask you to be mindful of COVID-19 social distancing and follow government guidance around exercising in groups.

Do I have to fundraise as well?

You are **welcome to start your own fundraising page** and encourage your friends, family and workmates to sponsor your efforts. Your fundraising will **help us deliver more programs and services** to more women who need our help to recover from domestic and family violence. You can register for your own page or a team page here: <https://women-on-the-run-2021.raisely.com/>

Can we fundraise as a team?

Absolutely! Most teams raise more money together than going solo. They also find the experience more fun! You can create a team on your Raisely page here: <https://women-on-the-run-2021.raisely.com/> . Your friends and family can sponsor or donate to you personally and the fundraising will be shown on both your total and part of your team's total.

What should I do with a cash donation?

Please note: we would strongly advise that you don't handle cash in the current situation as a safety precaution against COVID-19. If you do collect some cash or cheques as part of your fundraising, we recommend you pay them into your own bank account first. You should then use your card to donate at your online fundraising page on behalf of your generous donor.

I didn't get a tax receipt for my donation – what should I do?

First of all, THANK YOU for your donation! Without your support we can't continue providing empowerment programs to the brave women who take part. If you have not received your receipt, please contact us via email admin@zahrafoundation.org.au .

What else will be happening on the day?

We will be selling egg and bacon rolls for your breakfast needs, supporting the Zahra Foundation. There will also be free massages for before or after your run, so get there early!

Do I have to run the race, or can I walk?

We encourage you to take it at your own pace as people of all abilities and fitness levels can take part. So, whatever your normal pace is – go for it!

What happens if I don't feel I can complete the full distance?

Don't worry – we have we will have support teams across the whole race track to help you if you need it. Whatever distance you cover, we'll celebrate both your achievement and your support for the Zahra Foundation.

How can I ensure I participate safely in regard to COVID-19?

We have completed a COVID Safe plan and will be running the event in accordance with SA Government restrictions and guidance. Before, during and after the event, please follow government guidance around exercise restrictions and/or social distancing. We also recommend that, for your fundraising, you use digital payment wherever possible rather than handling cash.

What is the current medical advice about COVID-19?

Even though the majority of people who become infected with COVID-19 will have a relatively minor respiratory illness, we all have a duty of care not to spread it.

At the Women on the Run event, please follow these simple practices to keep everyone safe:

- **Good personal hygiene.** That's right, good old soap and water! This is the most important thing each of us can do every day. Wash your hands with soap and water for 20-30 seconds. This includes before and after eating and after going to the toilet and after you have been in public places. Use alcohol-based hand sanitisers when you can't use soap and water and avoid touching your eyes, nose and mouth.
- **Surface hygiene.** We will keep surfaces clean and disinfect surfaces often.
- **Social distancing.** The more space between you and others, the harder it is for the virus to spread. It is important to stay 1.5 metres away from others wherever possible, even when running or walking with friends or teammates.
- **Elbow bumps.** It's okay to keep a little distance. Instead of a handshake or hug, start practicing elbow bumps, ankle taps or bows instead.
- **Don't be a hero.** If you're feeling unwell or have any symptoms, do not come to the event, stay home and get tested. It is so important that you do not socialise or go shopping or to work until you get a negative diagnosis.

A huge thank you to our Major Sponsor Credit Union SA with support from Foodbank, SA Road Runners, Chilly Billy, Riviera Bakery, Conroy's and Barossa Free Range Eggs.

