

## Frequently Asked Questions:

### What is a virtual hike?

A virtual hike is when you can run or walk in any location (your favorite walking route, on the treadmill, on the track, on trails, in your home, etc.). You have the flexibility and convenience of hiking at any time, at your own speed and distance.

Since this is your personal hike make it unique to you-get creative and come up with your own idea!\*

- Walk/Run a trail, around your neighbourhood, backyard, driveway or treadmill
- Set a step goal and climb the stairs in your home or apartment building
- Cycle outside or on your stationary bike.
- Have a yoga-a-thon, dance-a-thon or anything a-thon to work up a sweat in the comfort of your own living room.

A virtual event is one where we meet in spirit not in person so we will NOT be meeting at John McGregor Secondary School and Walking Mud Creek Trail on June 14th

**\*Due to the consistently evolving status of COVID-19, we encourage all virtual hikers to review the public health and safety recommendations** of your local governments to ensure that you are engaging in up-to-date social distancing practices.

### What time will the hike take place?

We encourage you to participate anytime between June 1 -14th. You get to hike whenever it is good for you or your virtual team-mates. There is no set time.

### Why have you decided to do it this way?

The health and safety of our Hikers and volunteers is our top priority. With all of the uncertainty with COVID-19, we are continuing with this event virtually to provide you with an opportunity to support compassionate, end-of-life hospice care for families in Chatham-Kent. It also provides a way to stay active in self-quarantine, self-isolation or physical distancing. Now is the time to come together, while staying apart, to ensure this care continues to be available at no cost to residents and their families when they need it most.

### How can I show that I have completed my Hike?

We are encouraging hikers to share their virtual hike experience, by taking a photo or video and sharing it on your personal social media sites. Feel free to include a message of encouragement or the reason you are participating. Share who you are hiking for or why you support Hospice Palliative Care? Be creative with your posts. Are you walking with your pet? Show us!

Don't forget to tag @ChathamKentHospice and use #Hike4HospiceCK in your post so that we can capture everyone's moments.

## **I don't have social media but want to share my hike story and experience. How can I still participate?**

Hikers can send their photos and videos to [foundation@chathamkenthospice.com](mailto:foundation@chathamkenthospice.com) and with your permission we can share your photos and videos on our social media channels (Facebook, Instagram)

## **I want to support hospice but don't want to participate in the hike, what else can I do?**

You can still be a part of our hike by pledging someone who is participating or to the general event itself. Visit our website at [www.chathamkenthospice.com](http://www.chathamkenthospice.com) to learn more about other ways to donate.

## **I've already registered, what happens to my registration fee?**

We are going to convert your registration fee to a donation and provide an income tax receipt for all registration fees paid prior to April 27<sup>th</sup>. There will be no registration fee for new participants who sign up after this date.

If you have registered for the run, you will receive an income tax receipt for \$20 (\$30 less the cost of the medal). If you would prefer to receive a tax receipt in the full amount and not receive a medal, please contact us.

## **Will I still receive a t-shirt?**

Unfortunately, due to the crisis, we are not able to source and provide t-shirts this year. If you have participated in the past we encourage you to wear your t-shirt from a previous year while taking part and share a photo or video showing your support with #Hike4HospiceCK.

## **I signed up for the run. Will I still receive a medal?**

The first 60 run registrants will receive medals.

After April 27<sup>th</sup> there will be an option to register for free or register with a fee of \$10 to receive a medal.

## **I purchased a lanyard and/or socks? Will I still receive them?**

Yes! We are still able to order both the socks and the lanyards. We will reach out directly to those who have purchased items about contactless delivery.

## **What happens to the pledges I have collected?**

All the pledges you have collected will still help families receive compassionate, end-of-life hospice care. Now more than ever we need your support to ensure this care continues to be available at no cost to residents and their families.

## **What will happen with the Corporate Challenge?**

Although we will not be able to celebrate your generous spirit together in person, we would still like to recognize your efforts! The team with the most funds raised and received by Chatham-Kent Hospice Foundation as at **Thursday, June 11, 2020** will be the winner of the corporate challenge. Some of the winner benefits may be a little deferred but we still plan to celebrate your achievement by sharing pictures of your team members on our social media. Watch our Facebook page, June 14<sup>th</sup> for the big announcement!

## **Will the top fundraisers still be recognized?**

Although we will not be able to celebrate your generous spirit together in person, we would still like to recognize your efforts! The individual and family team with the most funds raised and received by Chatham-Kent Hospice Foundation as at **Thursday, June 11, 2020** will be recognized by sharing pictures of your team members on our social media. Watch our Facebook page, June 14<sup>th</sup> for the big announcement!

## **How do I submit cash or cheques I have collected?**

Once you have your cash and cheques tallied, with our paper pledge form, you can do **ONE** of the following:

1. Drop off your pledges at Hospice June 8-12, 2020 between 9:00 am – 4:00 pm. Please bring your cash and cheques in a sealed envelope with your contact information on the pledge form. To comply with social distancing, the drop off will be contactless. The person on reception will provide you with instruction when you arrive at the Adelaide St entrance.

To arrange a different time please call 519-354-3113

### **OR**

2. Mail your form and donations to:  
Chatham-Kent Hospice Foundation  
34 Wellington St E  
Chatham, ON N7M 3N4

\*Please do not send cash in the mail. You can write a personal cheque for those cash donations, highlighting on your pledge from the name and address of those it is including so that charitable tax donations can be issued directly to the sponsor. Cheques can be made payable to **Chatham-Kent Hospice Foundation**.

To ensure timely delivery and that your pledges will be counted towards the final Hike for Hospice tally, please place them in the mail prior to **June 8, 2020**.

**OR**

3. Pay for cash donations using your credit card. Send a copy of your pledge form to [foundation@chathamkenthospice.com](mailto:foundation@chathamkenthospice.com) and call us at 519-354-3113 ext 2404 to provide your credit card information. In order to ensure your donors receive receipts, please do not complete this transaction on our website.