

Run4Rett – Frequently Asked Questions

What's it like at the Run4Rett?

Well, it's hard to really get a feel for how awesome it is without being there. Many of our families tell us they wouldn't miss it. It is the main event for Ontario families with Rett syndrome. It's a great chance to meet families from across Ontario in a really supportive atmosphere. To see some photos of past Run4Rett events, why not check out our "What is Rett Syndrome?" [video](http://www.youtube.com/watch?v=d2Rv8JLH85I) on YouTube? (<http://www.youtube.com/watch?v=d2Rv8JLH85I>)

What if I'm not a runner?

Most people who attend the Run4Rett choose to walk the 1 km or 5 km routes. They are there to show support to our families. There is no pressure to run. The idea is to have fun!

Can kids come?

Yes! Bring kids! Richmond Green park is a safe place to run & play. There is playground equipment, face painting, and other fun activities for kids.

My daughter with Rett syndrome doesn't really like noise and over-stimulation. Is it okay if I leave her at home?

Of course, these personal decisions are yours, but we want to assure you that our event is very Rett friendly! We have a DJ who plays festive music. There is room to stroll around away from the crowd. There is also an indoor shelter with washrooms. Most of our beautiful people with Rett syndrome enjoy the day and soak up the attention and support. There's nothing like a cheering crowd to inspire you!

What if I want to run 10 km?

You are welcome to arrive early or stay late and run the 5 km route twice. We have had a few runners who do this each year. Your 10 km route will not be timed, though.

Is there chip timing?

We do not offer chip timing, but we have official timers on hand to record and post your results for the 5 km race.

Is it an accurate 5 km route?

Yes, our route is measured for accuracy, so that those who need to document times will have accurate results.

How do I register?

You can download and print a [pledge form](#), fill out the registration information, and mail it in that section. You can also register online at www.runningroom.com.

How do I collect pledges?

Let all your friends and coworkers know they can sponsor you and/or your child by filling out the [pledge form](#) and giving you a cheque made payable to O.R.S.A. They can also sponsor an athlete online at www.runningroom.com (For help with online registrations and donations, please contact Karen@rett.ca.) We also suggest [contacting your local media](#) to see if they'll do a story about your involvement in the Run4Rett. (For help with media awareness, please contact Terry@rett.ca.)

Can people get a tax receipt for their pledges?

Yes, tax receipts will be issued for amounts of \$20.00 or more, as long as you provide the complete mailing address for us (and make sure we can read your writing).

Is there a way to participate without paying registration fees?

Registration fees go toward the overall funds donated to the Ontario Rett Syndrome Association, so they are certainly not a waste of money. We encourage you to register and participate.

Individuals with Rett syndrome can register for free. The most effective way to collect pledges is to ask people to sponsor a person you know with Rett syndrome. We encourage parents and caregivers to register this person online. You can then collect pledges in person and also direct people to pledge online by sponsoring an athlete at www.runningroom.com.

Volunteers at the event do not need to pay or register as participants. If you would like to find out how easy and fun it is to volunteer, please contact run4rett@rett.ca. There is also a "volunteer" section at www.runningroom.com.

How do I set it up so family and friends can donate in my daughter's name?

You can make a free online profile for your daughter on the runningroom.com web site:

- Find the Run4Rett event page by searching for it on the Running Room site or by using this link: <http://www.events.runningroom.com/site/?raceId=9249>
- Click on the Register tab which should give you drop-down choices. Choose "Rett Angels."
- Enter your basic information. There are a few steps to this process. Don't give up. If you have any problems, contact Karen@rett.ca.
- Once your daughter's page is set up, save the url link by copying it or bookmarking the page for later. This is the link you want to send to friends and family by email. You can also copy and paste this link into your Facebook status. People can also find this page by going to the "Sponsor an Athlete" section at www.runningroom.com and entering the person's name.

How can our family support the Run4Rett if we cannot attend?

We hope you can come, but if you can't, you are welcome to walk or run in your home town on Sept. 22 and collect pledges to support the Ontario Rett Syndrome Association. You can also sponsor someone who is at the event in Richmond Hill by sponsoring an athlete at www.runningroom.com or collect general donations for O.R.S.A. to help out.

If you can help us find event sponsors or donations for the race kits or silent auction, please contact run4rett@rett.ca.

What's up with all the different T-shirts?

A few years ago, participants began to wear their spirit by finding some way to identify with one individual with Rett syndrome. You might see different-coloured shirts for Team Abby or Team Erika or Team Elizabeth, for example. Some "teams" have worn scarves, ribbons, buttons, or hats. We have found that spirit wear encourages more friends to come out and participate, but it is entirely optional. We are all there to support every single person with Rett syndrome. We all cheer each other on.

How do we register as a team?

There is not an official team registration process. You can register as an individual or as a family. Feel free to join others to form a "team," but it is just for fun and we don't keep track.

If we decide to be a team, how do we get the shirts?

Each "team" is responsible for having its own shirts made, if that's what you want to do. These are not provided by the Ontario Rett Syndrome Association.

How do I get myself one of those beautiful, orange volunteer shirts?

Funny, you should ask! Those orange volunteer shirts *are* provided by the Ontario Rett Syndrome Association for those wonderful people who help make our event a success! You are welcome to join this group by contacting run4rett@rett.ca or visit www.runningroom.com volunteer page

I know some high school students who need volunteer hours. Can they volunteer at this event?

Yes, they can! We are always in need of course marshals to help direct and cheer on our runners. Please contact run4rett@rett.ca to get all the details. Bring your school's community involvement form to get it signed on event day.

What other volunteer jobs are there?

We need help at registration, at the start and finish line, at the silent auction, and with the food and kids' activities.

What is the fundraising goal for the Run4Rett?

Our goal is to raise \$50,000 so we can keep our funding commitments for ongoing and new projects. If we raise more than that, we can do even more to help people with Rett syndrome.

Where does the money go?

All proceeds go to the Ontario Rett Syndrome Association to fund things such as medical clinics, conferences, research, and the national clinical registry. O.R.S.A. is run by a volunteer board of directors, so your donations and pledges can be used directly to help our families.

What if I have other questions?

If you'd like more details, please contact David or Sherry Lawrence at run4rett@rett.ca or by phone at 519-442-7604