



# GFF Fun Walk and Run

## Frequently Asked Questions for Participants

We will add to this document periodically as more questions come in, so check back often!

### *Where is the start and finish of the course?*

The course will start and finish at the Glenmore Sailing Club on the south side of Glenmore Park. Participants will be on the paved path towards the west and return.

### *How will timing work on the course?*

The walk and run participants will all arrive at 10am. Depending on how many have registered, we will decide on a staggered start and whether we would have a kids-only run. If parents wish to walk with children, this will be encouraged and accommodated.

### *What activities will you have for children?*

We will rent an African-themed bouncy jumper. We will have volunteers (mostly medical students and health science students) doing face-painting, reading (Ugandan children's books about animals), and helping a colouring contest.

### *Will there be bathrooms on site?*

The City of Calgary will likely still have the Sailing Club toilets closed, but there are porta-potties available to use for now.

### *Will there be T-shirts, swag, or medals offered to runners?*

This is a charity event, with the intentions that all fundraising will go to our partners overseas in scholarship programs and supporting rural medical training. Our team decided that the experiences of the run will be the best way to commemorate the event!

### *Will the event run if it's raining (or hailing? or snowing?)*

Come on! This is Calgary! It might do all of that in the couple of hours we're there...

### *Where do funds raised go?*

All monies raised in the Fun Walk and Run will go towards GFF activities overseas. We are all volunteers in the organization with almost no administration costs, so 99% of funds go to activities like:

Ugandan scholarships for doctors studying family medicine

Rural training sites and experiences

Learning resources and libraries for our partners

Conference and continuing education events for our partners

GFF has partnerships with the University of Calgary Cumming School of Medicine at Patan Academy of Health Sciences in Patan, Nepal and at the University of Gondar in Gondar, Ethiopia. We also have long-standing partnerships throughout East Africa for over five years, with many joint collaborations at Makerere University in Kampala, Uganda.



## Thank you for helping generate “health for all”!