



# Frequently asked questions

## York 10K

### Why are there two different ticket types?

Option 1: With the free entry places, you do not pay to enter the run. With this option, there is an expected minimum sponsorship of £100 per person.

Option 2: £26 entry fee option where there is no expected minimum sponsorship.

### When do I need to enter?

Entries are open now! St Leonard's has a number of guaranteed places available; these are sold on a first come, first served basis and are available to book on our website. Please email [fundraising@stleonardshospice.org.uk](mailto:fundraising@stleonardshospice.org.uk) if you have any questions.

### I don't think I can run the distance.

The York 10K is open to people of all abilities. You can run, jog, walk, or mix it up. There are plenty of training plans available online, and you might like to start with Couch to 5K and build up from there.

### I don't need to fundraise as my ticket fee goes to St Leonard's Hospice.

Some people think their ticket fee supports St Leonard's Hospice, but this isn't the case. Your ticket fee helps cover the costs of organising the event. We rely on sponsorship to raise vital funds.

If you've chosen the free entry ticket with a £100 minimum sponsorship, we can help you reach your target. We can provide ideas and resources, such as loose change collection boxes for your friends or workplace, paper sponsor forms, and guidance on setting up an online fundraising page on our website or through [www.justgiving.com/stleonardsyork](http://www.justgiving.com/stleonardsyork)

## **I feel obliged to raise sponsor money and I'm not sure I can keep asking friends and family.**

If you choose to pay your entry fee there is not a minimum sponsorship requirement. However, we do ask that you try as hard as you can, with our help, as any money raised helps to continue our care. Your ticket fee does not come to St Leonard's Hospice. We can give you hints and tips on how to raise money that doesn't always involve asking friends and family for sponsorship. Could your workplace hold a dress down day and contribute £1 each? Could you hold a bake sale or do a mini raffle? If all your friends took a loose change collecting box it would certainly add up.

## **Are late entries accepted?**

St Leonard's has a number of guaranteed places available on a first come, first served basis. The closing date for general entries through Run for All tends to be a week before the event date, but sign up now so you do not miss out.

## **Can I get a finisher's T-shirt?**

This year Run for All has made the decision not to automatically provide a finisher's T-shirt. If you book via their website, you have the option to purchase one at the time of entry. If you take a St Leonard's Hospice guaranteed place, you will not automatically get one, but you can order (and pay an additional fee) at the time of booking.

## **Can I do it in fancy dress?**

Most definitely, we have sunflowers that run for us every year!

## **For more FAQs, please visit**

<https://www.runforall.com/events/10k/york10k/>