

## Frequently Asked Questions | Brighton Marathon and BM10K | 2 April 2023

### **What if I get injured or ill and are unable to run/cycle?**

These things happen, all we ask that anybody who has an injury helps us to find a replacement for their place.

### **Can the place be rolled over to the following year?**

Yes, but we'd ask you to help with the cost of deferral (approx. £50-£60)

### **If above situation, what happens to the sponsorship money raised?**

As you raise money it comes directly to Team Domenica, so it can't be returned to the donor.

### **When will I get my running vest?**

We're having new running vests designed and printed, these will be sent out or given to you a couple of months before the event.

### **What support will Team Domenica give me on the day of the event?**

We'll be opening Café Domenica on Preston Road, from 8am for use of the facilities, team talk and coffee shots. This will also be your first *Cheer Station*, where your friends and family are invited to join us. At the end of the event there will be a support station in the *Charity Village*, full details to be confirmed nearer the time. We will also be taking photographs of you along the route. Be sure to give us a wave.

### **What support will Team Domenica give me before the event?**

Fundraising advice and support via the phone or email, the running vest, paper sponsorship form, if needed, plus another challenge team get together on Thursday 23<sup>rd</sup> February 2023 from 6pm.

### **Do I need to get a personal trainer?** No, but you can if you want to.

### **What if I get injured during the run?** Brighton Marathon provide first aid throughout the route.

**How much sponsorship do I need to raise?** We're asking for a minimum of £750 (£350 for 10k), which is the cost of one year of support for our wrap around service. This service is essential for our candidates when they gain paid employment to help them to retain and grow their roles.

### **What if I don't reach the required sponsorship target?**

We're on hand to help you to reach the target and will give support before and after the challenge. There is no penalty if you don't reach it. We have found that our challengers are surprised at how much easier it is to raise the money than they had first thought.

### **Can I set up a team of friends to run and raise sponsorship together?**

Yes! However we would ask you to set up your own individual Just Giving fundraising page, or a team page with a separate joint target.

### **Do I need to provide a health certificate to run?**

Team Domenica do not require any certification, but do check the terms and conditions of the race.