

# Team Spirit Long Beach Cancer 5K

## Frequently Asked Questions

### **What time do I walk?**

You can walk anytime from Saturday, Sept. 26 at 6 a.m. until Sunday, Sept. 27 at 5 p.m.

### **Where should I walk?**

You can walk anywhere that is safe to walk in your neighborhood, a park or in nature. If you need to stay inside, you can walk right where you are.

### **How far do I walk?**

If you can, we encourage you to walk a 5K (3.1 miles), but any distance will do.

### **What is included in my registration?**

Once you register, you will receive an email with downloadable fanfare, like a window poster, commemorative bib, and “Why I Walk” signage. You also will unlock fun videos and access to a custom 45-minute playlist you can download and listen to while you walk. Awesome tunes and moments of motivation will cheer you on until you reach your finish line.

### **How do I virtually join the Team Spirit Long Beach community?**

We have a number of ways you can join and support the Team Spirit Long Beach community no matter where you are located. Once you register, you will have access to social media pages to connect with other walkers and the day before the event you will receive access to our “virtual opening ceremonies,” including walker welcome, fundraising awards, warm-up and starting line.

### **How do I share once I complete the walk?**

You can email us your photo at [teamspirit@memorialcare.org](mailto:teamspirit@memorialcare.org) or post a photo of yourself on Instagram or Facebook tagging @LBMedicalCenter with the hashtag #TeamSpirit2020 in the caption. We will then use the hashtag to find your photo and will be compiling a slideshow of our participants.

**Note:** in order for us to see your photo, your Instagram account must be public, and if on Facebook, the photo must be public to everyone.