

Blank Children's Hospital

**ALL STARS**



## **BLANK CHILDREN'S ALL STARS - FREQUENTLY ASKED QUESTIONS**

### **What are the benefits of running with Blank Children's All Stars?**

- Free registration to the 5K, Half Marathon or Marathon race events for the 2018 IMT Des Moines Marathon.
- Custom training plan from the expert coaches at Zoom Performance as well as Group Training Runs coordinated by Zoom Performance.
  - Each race will have training plans at Beginner and Advanced levels.
- Training, nutrition and fundraising tips from your friends at UnityPoint Health - Des Moines
- A dry-fit race shirt
- Personal fundraising webpage
- Inspiration from patients and families
- **The feeling that comes with knowing you're making a difference in the life of a child!**

### **How will my fundraising support Blank Children's Hospital?**

Gifts raised through 2018 All Stars will support the new Pediatric Therapy Department at Blank Children's Hospital. The current space is undergoing renovations to double in size. This would not be possible without philanthropy.

More space is needed because the Pediatric Therapy clinics have experienced 20% growth in the past two years - and the numbers are anticipated to continue to grow.

2018 All Stars will assist with raising money for the renovation, expansion and new equipment for the Pediatric Therapy clinic. The impact of gifts will be felt by many. Patients will have more privacy and be more comfortable during treatment. The renovated facility will enable therapists to create treatment plans without any limitations or lack of equipment.

Supporting All Stars means you are helping children achieve their maximum potential. Thank you!

### **Will Blank Children's Hospital sign me up for the race?**

No. After signing up for Team All Stars through the registration site, you will receive a confirmation email with a code that you can then use to register yourself as a runner on the [IMT Des Moines Marathon website](#).

### **What is the best way for me to participate with my family? Do I need to create a separate fundraising page for each member of my family?**

Being a member of the Blank Children's All Stars is a GREAT way for families to come together to get active for a great cause! Sign up for the 5K - or longer races depending on the ages of your family members - as a family by having a "Team Lead" start by selecting "Create a Team"; team/family members will then select "Join a Team" and select the respective team. The group will then be responsible for raising the total amount across all family members based on the suggested individual fundraising goals

If you have multiple members running in the race, but only one that is running as an All Stars member, only that individual will need to sign up through the All Stars site/use the special code. All other family members can sign up directly through the IMT Des Moines Marathon website.

### **Can I create a team with a group of friends or coworkers?**

Yes! Participating in events as a team can be a fun way to foster some healthy competition among departments or groups. It may also provide great opportunities for group trainings, meals and inspiration!

### **How much money do I need to raise?**

The fundraising goals vary by event. We ask that those who run in the Marathon set a goal of raising a minimum of \$750, the Half marathon a Minimum of \$500, and the 5K either \$250 (adults) or \$100 (18 or under). The individual goal per person remains the same for teams or families.

The fundraising minimum for each race is half of the fundraising goal (\$375, \$250, \$120 and \$50, respectively). You will be asked to enter credit card information upon registration. The credit card will only be charged for the amount needed to get to the specified fundraising minimum for your respective race to help support Blank Children's with race-associated costs.

### **Are donations tax deductible?**

Yes, donations are tax deductible. All donors will receive a receipt for their donation.

### **Where should I send checks?**

All checks can be sent to: Blank Children's Hospital | Attn: Brenna Finnerty  
1200 Pleasant St. | Des Moines, IA 50309

*\*Please have donors write the runner or team name in the subject line so the donation can be designated appropriately.*

**When will I receive my t-shirt?**

You will receive your t-shirt a minimum of 1 week prior to the race or at the pre-race dinner.

**I registered to run and now I have a conflict. Can you cancel my registration? Do I still have to fundraise?**

Registration for the race is paid directly to the IMT Des Moines Marathon by Blank Children's and cannot be refunded; therefore, your registration will remain active on our website, which will allow you to continue fundraising for Blank Children's and Child Life. However, you can participate as a "virtual runner" by continuing to raise money, surpass your fundraising minimum, and still receive the gear and swag you have earned while helping patients and families at Blank Children's!

**Questions? Contact Rachel Oppold at [rachel.oppold@unitypoint.org](mailto:rachel.oppold@unitypoint.org) or (515) 241-5265.**