

Frequently Asked Questions



Beth Israel Lahey Health

Lahey Cancer Institute 5K Walk & Run

The Lahey Cancer Institute 5K Walk & Run is the one time each year when we celebrate our cancer patients, survivors and caregivers — and honor the loved ones we've lost.

Our amazing 5K community that has pulled together for 16 years won't let the pandemic stop us from raising money and supporting cancer patients and survivors!

The Virtual Experience

How does the 2021 Virtual Lahey Cancer Institute 5K Walk & Run work?

Instead of a live event, you will complete your own 5K (3.1 miles) over a 9-day period, from July 23 to July 31.

- You choose the activity — walk, run, bike, row, skateboard, paddle board, dance — whatever you love to do!
- You choose the course — on a treadmill, driveway, sidewalk, trail — wherever you are most comfortable.
- If you are a team captain, create a fun competition for the best route, best sidewalk start/finish, and/or best 5K celebration.
- Take photos and videos. We want to see you and read your messages on social media. Be sure to use #Lahey5k, #BILH and tag your hospital with @BeverlyHospital (including Addison Gilbert Hospital), @LaheyHospital, or @Winchester Hospital.
- Share ideas, stories, photos and more — and ask for advice from fellow 5K participants — in our private [Facebook group](#).

Can I still be part of a team?

Absolutely! As always, being part of a team makes this a more social opportunity. Help us spread the word to family, friends and co-workers.

Included:

[The Virtual Experience](#) [Registration](#)

[Teams](#) [Fundraising](#)



Where will we connect?

Be part of our online community! Instead of walking and running side by side, we will unite online, and it's up to all of us to make it happen.

- We will “gather” in the 2021 Virtual Lahey Cancer Institute 5K Walk & Run private [Facebook group](#).
- The more you share, the more fun we have together — and the more we celebrate together.
- Share fundraising ideas, tips and successes.
- Share photos, videos, messages of hope and encouragement for patients and survivors — and more.

Can we connect before July 23?

Absolutely!

- Join our [Facebook group](#) now. We will start sharing photos and tidbits long before July 23.
- Invite your friends, family, and co-workers to join our [Facebook group](#) to help generate excitement, community, and inspire giving!

charity.gofundme.com/lahey5k

Questions? Contact us at Lahey5K@lahey.org

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Registration

My whole family is participating. Does everyone have to register?

Yes! Every member of the family is an important part of the walk community, so we require that all participants register.

Can I still invite people to join my team?

Yes! We are accepting new registrants and team members. Ask your friends and family to join you virtually, and encourage them to share on social media why they are participating using #Lahey5K, #BILH, and your hospital (@BeverlyHospital, @LaheyHospital, @WinchesterHospital).

Do kids get free registration?

Yes, anyone 13 and under will get free registration. Please register children so that we can acknowledge them with a [virtual race bib](#).

Teams

How do I form a team?

Team captains create a team during the registration process.

The following instructions apply to team captains. The team captain must set up the team before team members register themselves.

1. Visit charity.gofundme.com/lahey5k.
2. Click the blue "Register" button.
3. Select an age group.
4. Register yourself and complete the "Buyer information" section.
5. Click "Continue."

6. Complete the next set of questions.

7. Select "Fundraise as a team."

8. Select "Create a team." Enter your team name in the "Campaign name" box, and enter your team's fundraising goal. Review the waiver and check the box to agree to the waiver.

9. Click "Continue."

10. Complete the "option to donate" information.

11. Enter/confirm your payment information and proceed to "checkout."

How do others join my team?

All team members must register. The following instructions apply to team members. The team captain must set up the team before team members register themselves.

1. Visit charity.gofundme.com/lahey5k.
2. Click the blue "Register" button.
3. Select an age group.
4. Register yourself and complete the "Buyer information" section.
5. Click "Continue."
6. Complete the next set of questions.
7. Select "Fundraise as a team."
8. Select "Join a team." Select the team you are joining. Review the waiver and check the box to agree to the waiver.
9. Click "Continue."
10. Complete the "option to donate" information.
11. Enter/confirm your payment information and proceed to "checkout."

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If I register before my team captain, can I still join our team?

If you have already registered and want to join a team, please [email us](#).

Fundraising

Can I fundraise? How?

Absolutely! Patients and caregivers at the Lahey Cancer Institute need your help more than ever.

- You have full access to our [Fundraising Resources](#), which have lots of great ideas for you.
- Join our [Facebook group](#) page and see how others are fundraising this year.
- Rallying around our patients and cancer survivors is our #1 priority this year! Your participation alone sends a powerful message to those we are caring for each and every day.

What is the suggested fundraising minimum?

The suggested fundraising minimum for all adult participants (14 and older) is \$100.

Where does the money go?

Check out some great stories about how funds raised through the Lahey Cancer Institute 5K Walk & Run are helping cancer patients at [Addison Gilbert and Beverly hospitals, Lahey Hospital & Medical Center, Lahey Medical Center, Peabody](#) and [Winchester Hospital](#).

Thank you for making a difference. With your energy and enthusiasm we will reach our goal to raise \$200,000 in support of cancer patients and survivors.

How can people donate?

Please encourage supporters to donate online through your personal fundraising page. If your donor prefers to write a check,* they can do so by mailing it to the following address:

Beth Israel Lahey Health
Lahey5K Gift Processing
Office of Philanthropy
330 Brookline Ave (OV)
Boston, MA 02215

*All checks should be made payable to Beth Israel Lahey Health. Include 2021 Cancer Walk and the participant's name and/or team name in the memo area. If you have any questions please [email us](#).

Do you send acknowledgment letters for contributions?

All donors who donate through your fundraising page will receive an email acknowledgment with a receipt from Lahey Hospital & Medical Center. Donors who make a gift by check will receive an acknowledgment letter.