



Dear Participants and Friends,

With your health and our community in mind, we are excited to announce that the **Sudbury ROCKS!!! Marathon 2020** has gone virtual! We have some exciting changes as we move into this new format for 2020. Join us (virtually) on October 25, 2020 as Sudbury ROCKS COVID!

#### REGISTRATION DETAILS

Current Participants & New Participants - your registration includes:

- Official race t-shirt!
- Medal of completion!
- Race entry for the 2020 virtual race AND a free entry to the 2021 race!
- Continued support for the Northern Cancer Foundation!
- Your commitment to your health & community!

All participants who register before *September 30, 2020* will receive their t-shirt and medal in advance of the race to wear proudly on race day! *Registrations received after September 30, will receive their t-shirt and medal after the race.*

#### RACE DAY DETAILS

A virtual race is a race that you complete from any location that you choose. You can run, walk, jog, or plan a route that is accessible by wheelchair, on the road, trail, treadmill, gym or track. You get to run your own race, at your own pace, and time it yourself. On October 25, 2020:

- Document your race with a photo at the start or end of your race
- Start your watch as you take your first step and stop your watch on your last step
- Note your total time at your finish
- Take a screenshot or a photo of your watch for verification for the leadership dashboard
- Upload your photos and time and tag **Sudbury ROCKS!!! Marathon** and the Northern Cancer Foundation on Facebook or Twitter, or submit to [etaillefer@hsnsudbury.ca](mailto:etaillefer@hsnsudbury.ca), no later than October 26, 2020.

#### STAY MOTIVATED

Follow **Sudbury ROCKS!!! Marathon** @sudburymarathon on Facebook and Twitter for tips and motivation, or join the #SudburyROCKSchallenge. Record your summer run time and then try to beat it on October 25 during your virtual run! Through these unprecedented times, it has never been more important to commit to your own health and wellbeing.

## REGISTRATION FEES

Registration for the **Sudbury ROCKS!!! Marathon 2020** remains open. Your race registration fees include entry and swag for BOTH the 2020 and 2021 race. If for some reason you are unable to join us for either race, please apply for a refund through your race insurance, as per the Running Room refund policies. If you did not purchase race insurance, and would prefer a reimbursement, your options are as follows:

Donate your registration fee and receive a full income tax receipt for the registration amount through the Northern Cancer Foundation.

Email [etaillefer@hsnsudbury.ca](mailto:etaillefer@hsnsudbury.ca) to request a refund.

## The NORTHERN CANCER FOUNDATION (NCF) - CANCER DOESN'T STOP FOR COVID

The Northern Cancer Foundation (NCF) is the charitable beneficiary of **Sudbury ROCKS!!! Marathon**. The pandemic led us to go virtual, but we know that *cancer doesn't stop for COVID*. The Northeast Cancer Centre needs us now more than ever. Please continue to collect pledges and, if you are able, give a gift to the NCF and support the incredible work of our heroes at the Northeast Cancer Centre.

## HONOURING STEVE

Earlier this year, we lost our co-founder Steve Matusch to liver cancer. His presence on the organizing side and at our races is sorely missed. In the 2020 virtual race and as we gear up for 2021, please continue to join us as we #RunforSteve and honour his legacy and impact on our community.

## 2021 RACE PLANS

We aim to resume our in-person race on Sunday May 30<sup>th</sup>, 2021. Your registration for the **Sudbury ROCKS!!! Marathon 2021** is included with your 2020 registration. Keep track of your 2020 time, so you have a target to beat next year!

Thank you all for your continued support!

Stay well our friends,

**Sudbury ROCKS!!! Marathon 2020**

Race Committee

[www.sudburyrocksmarathon.com](http://www.sudburyrocksmarathon.com)

# 2020 Sudbury ROCKS COVID #RunforSteve

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