

Virtual Run FAQ

Course pour la Compassion | Powered by Pfizer has gone virtual!

What does that mean?

In light of the current circumstances surrounding COVID-19, we still want to provide participants with a chance to safely run or walk the distance they've been training for, while also allowing this important community fundraiser to take place. All proceeds will directly benefit the patients and families of the Teresa Dellar Palliative Care Residence.

If you've already signed up for our race, you will be automatically registered for the virtual Course pour la Compassion.

Q: What if I can't walk or run on September 26th?

A: You can still be a part of this great event, even if you cannot actually walk or run your distance on September 26th at the scheduled time. While we will be livestreaming at 9:30 a.m. and tallying the funds raised on this day, we hope you will take the opportunity to run for the cause on another day or time, in the spirit of the Course pour la Compassion and in support of the Residence.

Q: Do I need to run the race route that was originally planned?

A: Actually, we suggest the contrary! In order to maintain a safe distance from crowds, stick to a route of your choosing close to home, or even run on a treadmill if that's your preference. Please respect whatever distancing measures that are in place at the time of the event, and do not run in large groups on race day. If you live in the neighborhood, we encourage you include André-Brunet in your route and come by the Residence. We'll have some volunteers onsite to cheer you on! The in-memory signage will also be displayed on the grounds.

Q: Will there be race results for the virtual event?

A: As the Course pour la Compassion is not a timed run event, you don't need to upload your times anywhere. Do feel free to time yourself with a timing watch or with a running app such as Runtastic or MapMyRun if you want to keep track of your time!

Q: What will I receive as a participant for signing up?

A: Your running buff and bib can be picked up (curbside) at the Residence at the following **Kit Pick-Up times: Sunday, September 20 from 1-4 p.m.; Wednesday, September 23 from 4-7 p.m.; or Thursday, September 24 from 4-7 p.m.** If you cannot come during those times, please contact akelley@tdpcr.ca to make alternate arrangements.

