



Dougie Mac 5K My Way FAQs

Need to know more about the Dougie Mac 5K My Way? Here are the answers to some frequently asked questions.

What is the Dougie Mac 5K My Way?

The Dougie Mac 5K My Way is a sponsored event that gives you the opportunity to get your trainers back on and fundraise for Dougie Mac!

Whether you decide to fundraise or choose to make a donation, together we will all be raising valuable funds for the Hospice. All we ask is that you fundraise as much as you possibly can!

It's simple; lace up those trainers and run, jog or walk your 5K. It's your race, from your place, at your pace!

When is the Dougie Mac 5K My Way?

The Dougie Mac 5K My Way takes place on Sunday 25th April 2021.

To encourage a sense of community, we would love you to undertake your run or walk at 10am and then share your photos on your social media. Don't forget to wear your Dougie Mac 5K My Way bib and be sure to wave if you see a fellow 5K My Way runner or walker!

Of course, if 10am doesn't suit you, you can run or walk your 5K at an alternative suitable time.

What do I have to do, to take part?

Simply register by clicking [here](#). Then, head over to [JustGiving](#) to set up your online fundraising page; this is the best way to support us right now.

Can I run with other 5K My Way participants?

Yes! However, you must consider current government guidelines for social distancing in your area. Friends and family will no doubt look forward to the opportunity to come together and support each other.

Don't forget, all participants should register individually [here](#) so that they can receive their fundraising pack and Dougie Mac 5K medal.

Does Dougie Mac provide anything to help me organise my walk?

Yes, when you have registered, you will receive a fundraising pack in the post to include top tips to get you started along with decorative Dougie Mac 5K My Way bibs for you to personalise and pin to your t-shirt.

Our Resource Centre will also provide you with further downloadable resources to help you make your fundraising a success.

How much do I need to raise?

The Dougie Mac 5K My Way is a sponsored event so whether you decide to fundraise or choose to make a donation, together we will be raising valuable funds for the Hospice. All we ask is that you fundraise as much as you possibly can!

Together, we hope to raise as much money as possible to support our patients and their families at a time when they need us most.

How can I raise my sponsorship?

Online fundraising is the best way to support us right now, is easy to set up and quick for family and friends to make donations.

To create your page, click [here](#). The funds raised through JustGiving are sent to Dougie Mac automatically, so we can put them to good use straight away.

How can I pay in my donations I've raised offline – cash and cheques?

If you've received cash donations and already have a JustGiving page, you can simply pay the donation into your own bank account and make an online donation via your JustGiving page.

Alternatively, you can call us on 01782 344304 to make a card payment over the phone or call into the Supporter Hub at the Hospice to pay in cash.

What happens after I have completed my 5K My Way?

After your run or walk, you should celebrate a job well done! Make sure you let everyone know how your run or walk went as this is when you may see more donations coming in.

You can then close your JustGiving fundraising page, see [here](#) for help with this. You will then receive your well-deserved Dougie Mac 5K medal and thank you letter.

I need more support!

For further information and help with any aspect of your 5K My Way, please feel free to contact our Fundraising Team on 01782 344304 or send us an email at events@dmhospice.org.uk