

# Frequently Asked Questions

## How do I collect sponsorship?

If you'd like to raise money for Lancashire Mind through sponsorship please download the [sponsorship form](#) or fundraise for us via our [JustGiving page](#).

## Is Mental Elf timed?

This year's run will not be timed as we would like you take your time and enjoy the atmosphere, however there are plenty of apps out there if you want to time yourself. Map My Run is a popular one.



## Do I have to come in Fancy Dress?

It's part of the fun but entirely up to you. If you don't have a costume, don't worry there will be face painting available on the day if you turn up in running gear and are feeling left out.

## When do I get my race number?

There will be registration desks on the day where you can sign in and collect your race number, we advise you to arrive around an hour before the start time to allow enough time to collect this.

## Is there anywhere to leave our bags on event day?

Unfortunately, we are not able provide storage or bag drops. If you are bringing bags then we advise that you either leave these in your car or with friends/family who are spectating if possible. Bringing a bag that is comfortable to run with is a good idea if you want to keep belongings on you.

### **What is there to do once I have completed the run?**

There is a market place inside the sports arena hosting stalls with various games and activities going on inside. So be sure to stick around and invite your friends and family to join in on the fun.

### **Can I take photos or film at the event?**

Mental Elf is the perfect event to get great photos or footage to keep or share. So please snap away until your heart is content being sure to tag us in any pictures you upload to Social Media @lancsmind and we may even feature your photos on our website!

### **Can I run with my Dog?**

Absolutely, if your dog is friendly and okay around crowds and children bring them along, after all Santa can never have too many little helpers.

### **Can I run with a jogging buddy?**

The more the merrier, often running with a friend can make the experience even more fun! All children 5 and under can run with an adult FREE of charge!

### **Is the course wheel-chair friendly?**

The course route has been planned as best as possible so everyone can enjoy themselves, however we would suggest you use all-terrain wheelchairs or bring a friend along who will be able to help you through the more tricky parts.

### **Can I bring my scooter or bike?**

Unfortunately, due to safety reasons, bikes and scooters are not allowed along the park route. Sorry!

### **Is water supplied?**

We encourage all runners to bring a bottle of water with them to keep hydrated. All participants receive a bottle of water as they cross the finish line.

### **Do children have to pay for the registration?**

Children 5 or under can run for free but they must be supervised by a registered adult.

### **Is there an age limit for younger runners?**

There are no age limits and no obligation to complete the full 5km course so please get the whole family involved.

### **Can spectators attend the post-race Finish Line Festival?**

Absolutely! Whether you want to run or not you are more than welcome to come and see what's going on.

### **If I register but can't make it on the day can I get a refund?**

Unfortunately, we cannot issue refunds due to logistics and planning costs. However be assured that all fees are going to a great cause and your generosity is supporting people's mental health and wellbeing across Lancashire.

**Will I need a training plan?**

Depending on your level of fitness you may or may not need to train for the event, if you want to walk rather than run that's fine, however if you really want to push yourself there are plenty of tools available to help you out.