



## Frequently Asked Questions

### **Do I need to be a professional runner to do this?**

Absolutely not. Mental Elf is all about getting active and having fun whilst doing so. You can walk, skip, run or hop along the course; whatever works for you. There are plenty of other great 5ks out there that test speed and performance; we're all about having fun and raising money for a great cause.

### **Is Mental Elf 2016 timed?**

Mental Elf is not a timed event. Although you may want to keep the pace up to warm yourself up, we want you to take your time and enjoy yourself! We suggest self-timing for anyone desiring a finish time.

### **How strict is the "Christmas Fancy Dress Code" for the start of the event?**

Mandatory, if you are not dressed exactly like a real Elf working for Santa Claus, straight out of the North Pole, you will be turned away at the start line...just kidding! It's not compulsory but it is part of the fun so we would love it if you did dress up. If you don't have a costume, don't worry there will be face painting available on the day if you're 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 do not provide storage or bag drops – just make sure you come ready in all your running gear and you're ready to go! If you are bringing bags then we advise that you either leave these in your car or with friends/family who are spectating. Bringing a bag that is comfortable to run with is a good idea, if you want to keep belongings on you.

### **What is at the finish line?**

At the Christmas Finish Festival, there will be stalls with various games, refreshments and festivities going on indoors. Be sure to stick around and invite your friends and family to join in on the fun too! On top of that we have Santa Claus there to cheer all his elves on; he'll be open for visits from any children attending!

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

Mental Elf is the perfect event to get great visuals for your memories, Instagram, Facebook or maybe you even take your photography more seriously and want to prepare a portfolio. We welcome anyone to photograph or film at our event. So please, come along, enjoy the event and take shots until your heart is content. Be sure to tag us in any pictures you upload to social media and we may even feature them on our website!  
#mentalelf2017 #thiselfcan #ijinglethereforeiam

Tweet @lancsmind

Facebook @MindLancashire

### **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 buggy and my kids?**

The more the merrier, often running with a friend can make the experience even more fun! As long as they are cute and like to have fun, all kids 5 and under can run with an adult FREE of charge!

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

All of our courses are accessible, so everyone can enjoy the Happiest 5K on the Planet! We suggest an all-terrain wheelchair or to bring a friend along who will be able to help you through more tricky parts of the course.

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

Unfortunately, due to safety reasons, the only wheels we allow at our events are prams and wheelchairs. 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 receive free entry into the event when accompanied by a paying adult. They are more than welcome to wear their own costume! Children must be supervised by an adult at all times.

### **Is there a minimum age limit for younger runners?**

There are no age limits, if they can cover running, jogging, walking or strolling the 5kms of the course, they can absolutely get involved in Mental Elf!

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

Absolutely! In fact we heartily encourage it.

## **Do you offer refunds for people who can't make it on the day?**

Unfortunately, we cannot issue refunds. The logistics of setting up and planning the event make it impossible. Just make sure you are good to go before signing up.

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## **Further questions?**

If you're still wondering about something that isn't answered here, please don't hesitate to contact our Fundraiser, Fabienne – [fabienneclough@lancashiremind.org.uk](mailto:fabienneclough@lancashiremind.org.uk)

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