

All 4 Her VIRTUAL 5K

CREATE A TEAM

IN 3 STEPS



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REGISTER

Visit mcr.on.ca/5kregistration to choose your ticket type and submit your participant information. This is an essential step if you want to receive a race kit.

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After you complete registration, you automatically start the process of creating your fundraising page. Use the 'Create a Team' button to create a team page. Choose a team name and set a fundraising goal. You will not create an individual page at this time, but can create one later by using the "Join a Team" button on your team fundraising page.



RECRUIT

Share your team link with your friends and family and encourage them to register to participate in the race and to join your team. You will all work together to reach your collective fundraising goal.

