

MCRC



All 4 Her VIRTUAL 5K

JOIN A TEAM

IN 3 STEPS



JOIN A TEAM



1

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.

JOIN A TEAM

After you complete registration, you automatically start the process of creating your fundraising page. Use the 'Join a Team' button and use the drop-down menu to find your Team Name.



2



3

FUNDRAISE

Share your personal page with your friends and family. Any donations to your personal page will count towards your team goal! Find social media images and email templates at mcr.on.ca/5ktoolkit