

# Frequently Asked Questions



## **Q: What does HOPE do?**

**A:** The HOPE Coalition brings together community resources in order to inspire Healthy lifestyles through Outreach, Prevention & Education. Our mission is to make Mayes County a healthier place to live, work, and play.

## **Q: What if I want to support HOPE, but do not want to compete?**

**A:** You can be an event sponsor! For \$300, your company's logo will be displayed on our website & at the event of your choice. This is a great way to promote your company visually, whether participating or just being a spectator!

## **Q: How many people do I need on my team?**

**A:** As long as you have enough people to participate in each event (refer to *delegation list*), then it does not matter how many people are on your team. However, keep in mind that there are at least *one to two women* needed for several events.

## **Q: Can I recruit people that do not belong to my business/organization to compete on my team?**

**A:** Spouses & children (17+ and max of 3) of the employees/members are the *only* people eligible to join your team.

## **Q: Does my team have to participate in every event?**

**A:** Yes, including the Opening Ceremony! However, not every team member will participate in every event.

## **Q: Where does a team captain go for more liability waivers?**

**A:** You can access a PDF of a liability waiver at [www.mchope.org/hfbc-team-captains-stuff](http://www.mchope.org/hfbc-team-captains-stuff)

## **Q: Does my team have to have T-shirts made?**

**A:** This is not required, but part of the fun! We encourage each team to participate in the T-shirt Competition, & they will receive 20 *bonus* points for submission. Please be sure and understand the guidelines for creating and submitting your t-shirt because strict rules for qualifications will be adhered to. An independent panel of judges will your design and 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place winners will win even more points!

## **Q: How can I get bonus points?**

**A:** There are four ways a team can receive bonus points.

1. Up to five runners competing in the Fit Biz 5K can earn your team up to **2 points each, (10 total)**
2. T-Shirt Competition: Refer to Team Captain Info. **20 pts for submission. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place will get even more!**
3. Create team spirit by decorating your teams tent/hangout! **5 Bonus points awarded for participation**
4. Volunteers: Must be an employee/member, spouse or child (17+). **1 pt per volunteer (max 5 team pts)**

## **Q: What is Tent City?**

**A:** Consider Tent City your team's dugout. Your team can congregate here for direction, shade, company provided refreshments, etc. Each business/organization will bring their own 10x10 tent for a space in Tent City.

## **Q: Is Tent City required?**

**A:** It is not required, but keep in mind that it was included in your sponsorship. We strongly encourage you to take advantage of the space for your team and fans.