Frequently Asked Questions

**How do I register / do I need to register?**You should register with your Trust/Independent sector Co-ordinator who will then organise to have resources forwarded to you and keep you informed of ongoing plans.

**How do I submit proof that I have completed the event?**

This event will work on an honesty basis that you have completed 5K. We would ask that you tweet a photograph or video of you completing the event if it is safe to do so using the hashtag #*healthforallNI*

**I’ve never done a 5K run/walk/jog. Can I still take part?**

Absolutely! You can access support from [Couch to 5K: week by week - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/).

**Do I have to do my run/walk/jog at my home parkrun course?**No - in fact we would prefer it if you didn’t. You can walk, jog, or run were you like (providing it is safe to do so). In your garden, to and from your house, it doesn’t matter where. We definitely do not want a lot of people turning up to their usual parkrun course at parkrun time.

**Can I do this on a treadmill?**Yes, you can complete your run/walk/jog on a treadmill.

**When does this event start / finish?**The event starts on Saturday 1st May and ends on Sunday 16th May, however we would encourage participation anytime in May if the dates do not suit.