

FREQUENTLY ASKED QUESTIONS:

GENERAL INFORMATION

ARE THE 5K RUN AND WALK SEPARATE EVENTS?

Yes, this event includes two parts: the March for Marrow 5K Run Los Angeles and the March for Marrow Walk Los Angeles. They are all components of the Los Angeles Walk event to benefit the Aplastic Anemia and MDS International Foundation.

Registration for each event is separate; however, you can register to participate in both the 5K and the Walk on the AAMDSIF site for a \$40 registration fee. Both runners and walkers can register on this site if they want to be a part of a patient team. If runners do not want to be a part of a patient team, they can register here and not select a team (but we do hope you'll fundraise for us).

WILL THERE BE TEAM SIGNS?

We are not providing team signs this year - instead if you have signs from previous years please bring those with you. If you don't have a sign, feel free to make your own with photos that are meaningful to you! We do ask that all signs be no larger than 18½ X 24.

REGISTRATION

HOW DO I REGISTER FOR THE 5K?

Register for the 5K [now!](#) Registration costs \$30 for runners aged 15 and older and \$20 for youth aged 14 and under. Registration for the 5K is a separate registration from the walk. Once your registration is complete, you will receive a confirmation email receipt.

HOW DO I REGISTER FOR THE WALK?

Register for the walk [now!](#) Registration costs \$30 for walkers aged 15 and older and \$20 for youth aged 14 and under.

There are several registration options: a registration that includes the walk as well as a virtual walk registration. Once your registration is complete, you will receive a confirmation email receipt.

MARCH FOR MARROW 5K RUN LOS ANGELES

HOW DO I JOIN A TEAM FOR THE 5K?

If you register for the 5K on the AAMDSIF site, you can join an existing team during the registration process by clicking on the team you want on the drop down menu provided. You can also create your own team during the registration process.

HOW DO I FUNDRAISE FOR THE 5K?

If you register for the 5K on the AAMDSIF site, a fundraising page will be created automatically and you can simply follow the instructions below under fundraising for the walk.

MARCH FOR MARROW WALK LOS ANGELES

WHAT HAPPENS AFTER I REGISTER FOR THE WALK?

Your registration will be confirmed by email. Click the link in your confirmation email to view or edit your personal fundraiser page. Then, use your email address and password created during the registration process or Facebook login information to log in to the LA event website. Take a moment to personalize your fundraising page by letting others know why you're walking/running and why this event is important to you. You can also upload a picture.

HOW DO I JOIN A TEAM FOR THE WALK?

You can join an existing team during the registration process by clicking on the team name you want on the drop down menu provided. You can also create your own team during the registration process.

HOW DO I FUNDRAISE FOR THE WALK?

Since this event is for the Aplastic Anemia and MDS International Foundation, fundraising is a critical part of the event, as the money goes towards funding patient and family programs and services, educational materials and programs, conferences, research, and advocacy.

When you register for the walk or 5K, you will automatically receive a fundraising page. We suggest that you fundraise \$250 – which is only 10 donations of \$25 each or 25 donations of only \$10 each. It's easy to do! All you have to do is ask friends, family, neighbors, and colleagues to help support your efforts. Once you get started, many of you will raise much, much more! (Remember to inquire with your employer on their matching gifts program, and ask your donors to do so as well. Many companies partially match your donation, double or even triple it!)



HOW DO I PERSONALIZE MY FUNDRAISING PAGE?

Click the link in your registration confirmation email to view or edit your personal fundraiser page. Then, use your email address and password created during the registration process or Facebook login information to log in. Click the “Edit Page” tab where you can add a Profile Photo, update Your Story, and/or add a Cover Photo. The more personalized your page is, the more others will be inspired to walk with you or donate to your page. It only takes about 10-15 minutes to personalize your page – and it’s easy to do! Additionally, by clicking the “Post Update” tab you can tell your friends and family how your fundraiser is going on your social media pages.

HOTEL

ARE THERE HOTEL ACCOMMODATIONS?

Yes! More details to follow.

PARKING

IS PARKING AVAILABLE?

At Shoreline Village: \$1 parking (up to 2 hours) with validation and a minimum purchase from Shoreline Village merchants. After 2 hours, the rate is \$2.00 per 20 minutes up to a max of \$8 a day.

Timed parking south of Shoreline Village along the beach for about \$6.00. Please do not park in spaces labeled ‘For boat owners.’

The Passport, a free shuttle bus service, connects Shoreline Village with the downtown area every 12 minutes. Parking can be found for \$5. For a complete schedule go to: <http://lbtransit.com/Services/Passport.aspx>.