

# A-T CureTeam Saturdays FAQs

## What are A-T Cure Team Saturdays?

“[A-T CureTeam Saturdays](#)” is a new forum to support ANY A-T CureTeam member. This page is used to connect A-T CureTeam members who are staying active while at home (social distancing) and afterwards! This page is a tool for our A-T CureTeam members to receive training tips and advice to educate you while you train, connect and achieve goals together!

## What is the Virtual 5K on June 20th?

This is a standalone virtual event that the A-T Cure Team Saturdays is hosting. Megon Steele, an A-T relative, is a NASM Certified Personal Trainer with about 15 years’ experience as a runner. She has her own fitness group – Fit A-T Heart – where she posts workouts specific to folks with A-T. She is here to answer your training questions, post training advice, and create training plans to help you get ready for June 20th and the events to come!

## Can I have more info about the Virtual 5K on June 20th?

This is the FIRST EVENT supported by A-T Cure Team Saturdays. Click [HERE](#) to directly connect with this event! Leading up to the Virtual 5K, this page will be geared towards helping people train for that event. Workout tips, advice and videos will be posted here to prepare you for the Virtual 5K on June 20th.

## Am I paying to join A-T Cure Team Saturdays?

NO- You are paying to participate in the Virtual 5K!

## How do I join a team?

At the top of the registration page (links to register on the next page) you can “Join a Team.” Choose this option. It will then ask you to search for the team name. You don’t have to know the whole team name – for example, if you type “Josh” you will see a list of all teams with that name in them.

## I registered but forgot to create a team/add myself to a team. How can I add myself?

E-mail our fundraising coordinator, [kimberly@atcp.org](mailto:kimberly@atcp.org) and she’ll be happy to add you to a team!

## Do I get a t-shirt if I register for the Virtual 5K?

No. People who register are not given a t-shirt. However, if you are eager to receive one, just shoot us an e-mail at [fundraising@atcp.org](mailto:fundraising@atcp.org) and we’ll see what we can do! (We have many extras from all our events and would be happy to see if we have one in your size that we could send you.)

## Who will get a prize?

We will have a medal and a shirt for 1. the person with the most fundraising, 2. the most creative participant, and 3. the fastest folks in these age categories:

*Child: Ages 5-17 Young adult: Ages 18-30 Adult: Ages 31-49 Masters: Ages 50+*

## Is there a fundraising minimum?

Nope! All you must pay for is your registration cost. That’s it. You can raise as much or little as you’d like after that!

## Can the money raised go toward my other marathon event minimums?

YES. Please e-mail ATCP at [fundraising@atcp.org](mailto:fundraising@atcp.org) to have these funds counted towards your Disney or Las Vegas fundraising minimums.

## Can I register multiple family members under one e-mail address?

Each family member who wants to register will have to register separately with their personal e-mail address.

## Do I have to run?

Nope! You can sit and watch as we post progress online, swim, use your power chair or scooter, ride an elephant or a bike, or skip. Doesn’t matter! But A-T Cure Team Saturdays will be here to train you to RUN/WALK 5K without stopping.

## I’m still confused – Who do I ask?

Just shoot us a message on Facebook or e-mail us at [fundraising@atcp.org](mailto:fundraising@atcp.org). We are here to help!

# A-T CureTeam Saturdays

**HERE is what we want YOU to do!**

## **1. SIGN UP for the Virtual 5K!**

### **USA Registration Link:**

[http://give.atcp.org/site/TR?fr\\_id=1270&pg=entry&s\\_promoCode=USA](http://give.atcp.org/site/TR?fr_id=1270&pg=entry&s_promoCode=USA)

### **CANADA Registration Link:**

[http://give.atcp.org/site/TR?fr\\_id=1270&pg=entry&s\\_promoCode=Canada](http://give.atcp.org/site/TR?fr_id=1270&pg=entry&s_promoCode=Canada)

## **2. Join or create a team:**

When you go to the link above, the best option is to either “Join a Team” or “Form a Team” at the top of the page. If you choose “Join a Team” it will ask you to search for the team name. You don’t have to know the whole team name – for example, if you type “Josh” you will see a list of all teams with that name in them.

## **3. Share your fundraising page:**

After you have joined up, you will have the chance to create your own web address for your fundraising page! You can share that address with ALLLLL your friends to get them to sign up on your team! Or, they can use the link just to donate!

## **4. TRAIN WITH US!**

Every Saturday leading up to the Virtual 5K on June 20th, we will have a new training video with workouts to follow along with on the [A-T CureTeam Saturdays page](#).

Watch our first training video **[HERE!](#)** (Don't worry you're not behind!)

## **5. Post your progress leading up to race day**

on the page or in the Virtual 5K event discussions. Use #trainforacureAT

## **6. Join us on race day!**

Run, walk, or roll your heart out on June 20th and post your results on our page! We will have a special post just for that!