



Every step helps young people and our community

Register now and sign up for the Scotiabank Charity Challenge.

October 20, 2019

Scotiabank TORONTO WATERFRONT MARATHON



INSTRUCTION: Runner/Walker registration with Hong Fook team

1. Go to page: <https://raceroster.com/events/2019/20157/2019-scotiabank-toronto-waterfront-marathon>
2. Choose the race you will participate:
(1) Marathon (2) Marathon Walk (3) Half Marathon (4) Half Marathon Walk (5) 5km Run/Walk (6) 5km with Baby Stroller
3. Register or login with your email and password
4. Complete the Registration page
5. Complete the Waiver page
6. Complete the Scotiabank Employee Verification page
7. **Scotiabank Charity Challenge page (Please refer to the print screen on the following page), enter Hong Fook's discount charity pin code and set up your fundraising goal!**
 Marathon or Half Marathon (\$80): **M19HONGFOOK**
 5k (\$40): **5K19HONGFOOK**
 5k with Stroller (\$45): **5ST19HONGFOOK**
8. Process your payment
9. Done! Share the message below via your social media network:

In the past month, 39% of Ontario students in Grades 7 to 12 indicated symptoms of anxiety and depression, which means approximately over 8,700 East/Southeast Asian Toronto high school students live with such experience. However, only 200 of those can be served through Hong Fook's Youth and Family Hub based on the current capacity. To narrow the gap, I will run with the Hong Fook team at the Toronto Waterfront Marathon on Oct. 20. Your generous support is needed! Many thanks! Please donate here: [<your fundraising page link>](#)

For any inquiries, please contact Sunny Wang, Manager, Resource Advancement and Communications, at swang@hongfook.ca or 416-493-4242 ext. 2258.

Scotiabank Charity Challenge

Do you want to participate in the Scotiabank Charity Challenge as a fundraiser or make a donation?

YES

NO

Choose a Charity

Please select the charity you would like to support:

Hong Fook Mental Health Foundation

Charity Pin Code (if applicable)

Your Charity Pin Code

DISCOUNT CHARITY PIN (in addition to applicable taxes and processing fees):

- Marathon or Half Marathon (\$80):
M19HONGFOOK
- 5k (\$40): **5K19HONGFOOK**
- 5k with Stroller (\$45):
5ST19HONGFOOK

If you want more information on the PIN code or if your code doesn't work, please contact the selected charity before completing this form. This code gives you access to discount rates, but it is not mandatory.

I would like to create a fundraising account or make a donation

Create Scotiabank Charity Challenge Fundraising Account (via Artez)