



ST. AMBROSE NOBLE KNIGHTS VIRTUAL 5K FAQ

How can I support the 5k?

There are several ways! Register to participate in the 5k on the website, become a Champion and ask family and friends to support your 5k, ask businesses you frequent to become a sponsor and grow the St. Ambrose Business Partnership Program.

What is a Champion?

A Champion forms a team and asks for fundraising support from family and friends. When you register as a Champion, you get your own race page and donations are linked to your 5k. The Champion that raises the most will get a prize!

What is the St. Ambrose Business Partnership Program?

Businesses can donate \$100-\$1000 and receive benefits like having their logo featured on the 5k t-shirt and website.

Do I have to run the 5k?

Because this is a virtual race, there is no start or finish line. You can run, walk, rollerblade, however you want to move, just do it for 5 kilometers (3.1 miles)!

Why should I register?

All registrants receive a race t-shirt designed by a St. Ambrose student (which can be worn on school spirit dress down days!) and electronic race bib. All funds raised go straight to St. Ambrose and benefit our students and teachers!

Learn more and register at
<https://stambrose5k.givesmart.com>

#STAMBROSE5K