Frequently Asked Questions (FAQ)

Who can run?
Anyone can run, provided they are able to maintain an average pace of 10 minutes per mile for the duration of a stage. U18s must run with a responsible adult.

Who decides my route?
The first runner to sign up for a standard stage becomes the lead runner. It is their responsibility to plan the route between the start and finish points for that stage.

What is a group stage?
Group stages take place in major cities along the route. They are shorter and designed to encourage mass participation.

Will the relay run to time?
It is the joint responsibility of all runners to keep the relay running to time. Please do everything in your power to prevent delays. We're all relying on you!

What if I find I am unable to run my stage?
You must notify the organizers immediately and be ready with a very good excuse! If you are the lead runner on your stage and no other runners have signed up to join you, please do your best to help find a replacement runner. We regret that no refunds on registration fees can be given.

Is there a support vehicle?
Danny and Kate will be driving the route from Los Angeles to Boston, catching up with the relay at various points. They will not be following the relay 24/7. We strongly recommend that you arrange for a friend or family member to support you during your run.

How will we know if the relay is on schedule?
You can track the relay's progress online via our live map. The GPS device attached to the baton will update its location on the map every 15 minutes. All runners must carry a cell phone and keep in close contact with the people running two stages before and after them.

How do I contact other runners?
You can send a message to another runner via their profile page. Once you've established contact you'll be able to swap email addresses and cell phone numbers.

Should I notify the local police?
Depending on where you're running you might like to get in touch with the local Sheriff or police patrol officer to let them know what you're going to be up to. They may even be able to provide a vehicle escort if required.

Should I get the media involved?
Sure thing! Get in touch with your local paper, radio and TV stations and tell them what you're doing and why. And, if you've got contacts who can help put One Run For Boston on the national news agenda too - terrific!

How much does it cost?
It costs $50 to run a standard stage and $25 for a group stage. Registration fees will be used to cover the organizational costs of One Run For Boston with any surplus donated to the One Fund Boston.

Do I have to fundraise as well?
Fundraising is not compulsory but we hope that every runner who takes part will set a fundraising target of at least $250. If you do not hit your target you will not be charged. Runners can collect sponsorship pledges via their One Run For Boston personal profile page.

Where does the money go?
All pledges and donations made via the One Run For Boston website will be collected by the One Run For Boston Fund, a fund of the Essex County Community Foundation. Pledges and donations made to this fund will be passed on to the One Fund Boston to help support the long term needs of the victims of the 2013 Boston Marathon bombings. The Essex Community Foundation is a 501(c)(3) organization. Tax Exemption No. 043-407-816. *One Run For Boston is not affiliated with, nor sponsored or endorsed by, One Fund Boston.*

Does the One Fund Boston really need more money?
Yes. The One Fund's mission to support those most impacted by the Boston Marathon attacks is continuing as part of a collaborative effort to coordinate services to help the survivors and victims' families. The recovery is just starting for many and it will be a long road.

Can I make a send a check donation instead of donating online?
Yes, of course. Please make checks payable to One Run For Boston and send to: One Run For Boston Fund
Essex County Community Foundation
175 Andover Street
Danvers MA 01923