



Tri-Fest Relay Challenge 2021 FAQs

What is Tri-Fest and how does the race work?

Tri-Fest is a virtual triathlon, comprising of a 2.5km run, 15km cycle and 250 step-ups. The challenge is for your team to compete the triathlon in the fastest time possible. The 3 challenge tasks can be completed how you choose, either by using a treadmill, running outside, cycling on a static bike or cycling outside. The steps can be completed on a step machine or by stepping up and down a step 250 times. We ask that you record the times for each task, and send them to us to enter on our leader board.

Can we enter more than 1 team?

Yes, you can enter as many teams as you wish per business. A team can comprise of 1 person completing all 3 tasks or 3 people in a team competed each task.

How much is it?

There is a £10 registration fee for each team entered and a pledge to raise £250 per team

Is there an individual CEO race?

No, there is no CEO/Senior managers race, but enter more than 1 team per business and get competitive!

Do we have to raise a certain amount of sponsorship?

To take part in Tri-Fest, you are pledging to aim to raise £250 per team.

Can we see the leaderboard?

Details for the leaderboard can be found here: www.stelizabethhospice.org.uk/Tri-Fest-leaderboard-2021

Is there a finals event and how do we qualify?

We would love to hold a finals event when government guidelines permit. The top 5 teams with the fastest team times plus the team who raises the most money will all battle it out to for the Tri-Fest'21 title! Prizes to be won on the day and we will keep you updated on the date and venue.

How can we get the most out of our fundraising?

Please refer to the 'How to get the most out of fundraising guide' or email the team at corporateteam@stelizabethhospice.org.uk

How do we hand in our sponsorship money?

One of the easiest way to pay is by setting up a St Elizabeth Hospice JustGiving page, select Tri-Fest'21 and we automatically receive all donations made through the website, so you don't need to do anything.

Alternatively you can make a direct payment via BACS

Bank account: 12190600 • Sort code: 16-22-17 • Account name: St Elizabeth Hospice (Suffolk)

Please quote your company name and Tri-Fest in the reference and let us know you have sent a payment by emailing: corporateteam@stelizabethhospice.org.uk