

Calgary Women's Run
2024 Participant Guide



REGISTRATION AND PACKAGE PICK UP

How do I get my race package and bib?

Race Package pick up will happen at The Tech Shop Northwest on the following days:

- Friday August 23rd, 4pm-6pm, The Tech Shop Northwest
- Saturday August 24th, 10am-2pm, The Tech Shop Northwest

We encourage all participants in Calgary to pick up their race packages before the event in order to reduce confusion on the race day. Package pick up on race day from 8-830am is by request only for out-of-town racers (cwr@calgaryroadrunners.com).

Can I pick up race packages for my entire group, or does everyone need to come retrieve their own?

It's not a problem to pick up race packages for others, please bring a copy of their race registration to pick up (electronic is okay!).

Is it too late to change the distance I want to race?

Not at all. We ask that you let us know prior to race package pick up if you would like to change your course distance. Please email distance change requests to cwr@calgaryroadrunners.com

Can I transfer my spot?

Refunds or cancellations are not accepted. You are however able to transfer your spot. Please email cwr@calgaryroadrunners.com.

Do all team members need to register for the same distance?

Yes. If registering for the Mother-Daughter or Sisterhood categories, all team members must be registered in the same distance (5km or 10km).

How do I know if I am registered?

Confirmation of your race entry will be emailed to you.

Can men sign up?

The Calgary Women's run is restricted to women and girls only, including those who identify as such. Men are encouraged to volunteer or cheer on our runners!

RACE MORNING

Where is the start and finish area and what are the start times?

As in previous years, the start and finish area will be located at Edworthy Park North, just between Angel's Cafe and the Tourmaline Outdoor Fitness Park.

The 10km race will start at 9am and the 5km race will start at 9:15am. A quick warm up will be led before each start time so make sure to come early and join in the fun

Where should I park?

We encourage you to carpool with your friends and family! Parking is available at the Edworthy Park North Parking Lot. There is also parking available in the community neighbourhoods surrounding the race location (Point McKay and Parkdale). Please be courteous to the residents if you plan to park on the street. Also watch for No-Parking zones, as you will be ticketed and towed.



Is there a race course map available?

Please see our route maps under Race Material listed on our website [here](#).

Is there a bag check?

There is no bag check, please plan accordingly.

How many people are expected to participate in the event?

The race will be capped at 300 runners, and we expect to sell out again this year!

RACE DAY MENSTRUAL DONATIONS: There will be a donation bin for menstrual products on race day. Please bring products to donate to help build the Moon Time Kits and **support our fight to tackle period poverty in Calgary**. What helps you get through your time of the month? Bring it!

THE RACE

Will there be water/aid stations?

Please bring your own water bottle and help us save paper cups!! Water stations will be set up at the start/finish area, and every 2.5km along the 5km and 10km routes. Course Marshals will be stationed along all racecourses and will have radio contact with the main first aid station at the start/finish area. Please ask them for help if needed.

Can I walk instead of run?

Walkers are invited to take part in the 5km distance! We ask that walker's kindly line themselves up at the back of the starting pack to help with congestion at the start of the race and along the pathways.

Strollers and children - are they allowed?

You can push a stroller; we just ask that you kindly start at the back to help with congestion. If your children (+10 years old) are participating as walkers/runners, they are required to register.

Dogs - are they allowed?

Dogs are not permitted on course at the Calgary Women's Run. There are too many people on the pathways to worry about leash entanglement or potential conflict with other dogs.

Can I listen to music while walking/running?

We don't recommend wearing earbuds during the event, as you may not be able to hear course marshals with important information.

Where are washrooms located?

There will be porta potties located at the finish area as well as access to the public bathrooms at Edworthy.



RESULTS & AWARDS

Will I receive an award?

All race participants will receive delicious baked treats from Lakeview Bakery, a Little Villager ice cream from Village Ice Cream and coffee at the end of the race.

The following awards will be announced and awarded on race day:

- 5km – 1st, 2nd, and 3rd place & Oldest and Youngest
- 10km – 1st, 2nd, and 3rd place & Oldest and Youngest
- Mother/Daughter 5km – 1st place
- Sisterhood 5km - 1st place
- Mother/Daughter 10km – 1st place
- Sisterhood 10km - 1st place

Team (Mother/Daughter and Sisterhood) category times are averaged based on each team member's average time.

The following awards will be recognized online and in our post-event wrap up email:

- Top Age Group finisher 5km: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Top Age Group finisher 10km: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

All participants will also receive a swag bag at race package pick up. Great draw prizes will also be given out throughout the event and during the awards ceremony which starts at 10:30am.

How will I get my results?

On race day, RacePro will post your times live on [RacePro](#). Following the event, race results will also be posted on our website. Timing chips attached to your bibs provide accurate results for your personal race time.

Where do I return my timing chip?

Your timing chip is disposable and will be attached to your paper bib.

VOLUNTEERING

If you are not running, please consider volunteering at this historic event. The location in Edworthy and sponsors makes for a fun summer Sunday whether you are running or not! To sign up, please view opening volunteering positions [here](#).

FUNDRAISING

Can I raise funds for your charity?

Absolutely! Please [click here](#) to read more about the Urban Society for Aboriginal Youth (USAY) and our aim of tackling 'period poverty' in the City by providing 'Moon Time Kits.'



SPONSORS

The Calgary Women's Run is one of the oldest women's runs in Canada. Organized by a volunteer committee, the run is made possible by our valuable sponsors and volunteers! We are super excited to partner with all the sponsors listed [here](#).

