Calgary Women's Run
2026 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

- Saturday August 22nd, 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!

What's with the pricing?
As of December 2, 2024, Canadian law requires that businesses display mandatory fees and charges in their prices. This is why you see prices that are not rounded. In prior years, you would have been charged the same fees, but they did not show up until the payment was processed. This is a way to make pricing more transparent.

RACE MORNING

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

NEW LOCATION FOR 2026!!

The start and finish area for the 2026 Calgary Women's Run will be located in North Glenmore Park, in the field space across from the Calgary Canoe Club and Calgary Rowing Club.

The 10km race will begin at 9:00 AM, followed by the 5km race at 9:15 AM. A quick warm-up will be led before each race start, so be sure to arrive early and join in the fun!

Where should I park?

Please note that participant parking is **not permitted** in the Calgary Canoe Club & Calgary Rowing Club parking lot or along the access road leading into their facilities. These areas must remain clear for club operations and emergency vehicle access.

We encourage all runners and spectators to arrive early and plan for a short walk to the event site from the public North Glenmore Park parking lots, including Lots B, C, D, E, and surrounding public parking areas. Parking availability may be limited on race morning, so giving yourself extra time will help ensure a smooth start to your day.

Is there a race course map available?

Please click to view a detailed course map for the 5km and 10km races.

Is there a bag check?

There is no back 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!

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 walkers 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 the Calgary Canoe & Rowing Club.

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 Monogram coffee at the end of the race.

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

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

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: >9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Top Age Group finisher 10km: >9, 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 ~10:15/10:30am.

How will I get my results?
Following the event, race results will be posted on our website as well as emailed out. 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. Our new location at North Glenmore Park and sponsors makes for a fun summer Sunday whether you are running or not! To sign up, please view opening volunteering positions here.

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.