

# GIRLS RUN FAQs



## **When should I arrive?**

A: For Saturday's Run check-in begins at 7:30am (30 minutes prior to the event).

For Sunday's Run check-in will begin at 8:30am.

We recommend arriving at the beginning of the check in time to allow enough time to locate Fast and Female and get checked in, in time for the warm up.

## **Is there parking? Do I have to pay for parking?**

A: Parking is available at the Canmore Nordic Centre (1988 Olympic Way) - there will be signage and volunteers to direct you. You do not need to pay for parking. Parking is limited so when possible carpool. Parking is NOT AT ALL allowed on the Highway 742/Spray Lakes Road. All vehicles parked there will be towed at owners' expense.

## **Where do I go once I get there?**

A: Look for the Fast and Female team! Volunteers and REAL Role Models will help direct you to the correct spot.

## **Can parents/guardians/loved ones participate in the run?**

A: Since we really want to create an environment where all our participants recognize that they are doing this together with the support of our REAL (Relatable, Empowered, Active Leaders) Role Models, that are with them throughout the run, we ask parents, guardians, and loved ones to cheer the participants on and wait at the finish line!

## **What is included in my registration fee?**

A: Your registration fee includes a Fast and Female digital certificate, Fast and Female T-shirt and Sticker, and Rocky Mountain Soap Company product.

# FAQs CONTINUED



## **What will the weather be like?**

A: As we are in the mountains, the weather can be variable and unpredictable. The Girls Run will go on Rain or Shine, unless there is a storm warning/watch.

## **Will there be water/aid stations?**

A: We will have snacks and water at the end of the run. There will not be any water stations along the course. Participants are also encouraged to bring a waterbottle

## **Can I buy souvenirs or swag on-site? How can I pay?**

A: Yes. We will have swag available for purchase for youth and adults. We will accept cash, credit, and e-transfer. Special discounts will be available for the Girls Run!

## **Can I donate to Fast and Female?**

A: Yes! Follow the link to donate now: <https://fastandfemale.com/donate-now/>

## **What is Rocky Mountain Soap Company?**

A: Rocky Mountain Soap Company is a brand that makes handmade, natural personal and beauty care products in the Canadian Rockies. They are also the host of the Women's Run taking place along side the Girls Run. Find out more about RMSC at <https://www.rockymountainsoap.com/pages/about-us>.

## **If I am coming from out of town, where can I stay?**

A: Accommodations options are available at <https://www.explorecanmore.ca/accommodations/>.

## **What can I do in Canmore?**

A: There are many things to explore in Canmore. Visit <https://www.explorecanmore.ca/things-to-do/> to find out more.