



## Virtual FAQs

### **What is a virtual walk/run? How does it work?**

A virtual walk/run can be completed from any location you choose. You get to walk/run your own route, at your own pace, and you can choose to time your walk/run yourself or use an app. Doing the virtual Run for Women is a great way to support women's mental health programs in your community while still practicing social/physical distancing.

### **Why is the Run for Women changing to a virtual event?**

COVID-19 has put restrictions on public gatherings in 2020 and we are unable to be together in person for the Run for Women this year. Together we can still make a difference in the lives of women across the country. We can't gather together live, but you can tune into our Run for Women Day Broadcast on September 27 to experience how others across the country are celebrating that together we are UNSTOPPABLE.

Remember, it is important to continue to support our local charities and help raise awareness and funds for women's mental health which is becoming more and more important in these unprecedented times.

Stay tuned for more news coming soon!

### **When can I walk/run the Virtual Run for Women 2020?**

The Official Run for Women Event Day is September 27 but you can complete your run anytime between September 17 and 27.

### **Where can I walk/run the Virtual Run for Women 2020?**

Wherever you want! The best thing about participating in a virtual walk/run is you can start it right outside your front door. Follow normal street lights and traffic regulations like any typical training run you do.

### **Can I walk/run the Virtual Run for Women on a treadmill?**

Yes! We encourage everyone to participate in the way that works best for them, whether that be outdoors or within your own home. Do what you feel comfortable doing. The most



important thing is that you participate to support women's mental health programs in your community.

**I'm already registered for an event. Do I automatically get put into the virtual walk/run?**

Yes! Because of the circumstances this year, all Run for Women events are now virtual. 50% of your registration will be donated to your local charity (previously this was \$10). Please ensure you adhere to the virtual event guidelines, and stay up to date by following us on Instagram and Facebook.

<Insert links to social profiles>

**Will there be a live stream that I can watch on event day?**

Yes! Details for the live stream event on September 27 will be coming soon! Follow @RunForWomen to stay up to date on who's broadcasting live.

**Where does the registration fee go?**

\$40 (the entire registration fee) will be donated to your local charity.

**Can I support my local charity without participating?**

Yes, you can! Click the "DONATE" button on the top right corner of our website. Then click the "give directly to the charity" link and choose the charity you would like to support. A tax receipt will be issued immediately.

**Will I get a tax receipt when I register for the Run for Women?**

We are not issuing tax receipts as participants are receiving an UNSTOPPABLE Technical Shirt, Foxy Originals Bracelet, and our legendary Swag Bag worth over \$100! A tax receipt will be provided however for all donations and pledges.

**Will there be fundraising incentives?**

Yes! This year we have some great fundraising rewards for those who raise \$250 or more. Check out the rewards **here**.

<Link to: <https://www.runforwomen.ca/Fundraise.aspx>>



### **Can kids participate as well?**

There is no minimum age. We encourage anyone under the age of 13 to walk/run with an adult living in the same household. The safety of every participant is our highest priority and we encourage everyone to put safety first when planning for event day.

Please note however, that we have removed the Little Steps event. Those Little Steps who have already registered can complete their event and receive their medal.

### **Can I still create a team?**

Yes! Teams will still be available and ENCOURAGED! We need our support networks to achieve what is possible and teams have the added benefit of providing support to each other and encouraging each other to participate and fundraise!

You can still register under your team name and keep in contact with your team members on event day. We encourage you to stay connected before and after your walk/run by setting up pre- and post-event video chats, sharing your photos with each other, and setting up some friendly competition or team goals.

### **What do I get with my virtual event registration?**

With your registration, you will receive an UNSTOPPABLE Technical Shirt, Foxy Originals Bracelet, and our Legendary Swag Bag worth over \$100, and a virtual bib.

### **Do I need a bib number to begin the challenge?**

You don't need a bib number to participate. You will receive a virtual bib to download and print; however, you will record your results through a personalized link and will not be asked to enter your bib number.

### **Are there any virtual race safety tips?**

Here are some tips to help you stay safe on event day!

- (1) Avoid high traffic routes.
- (2) Walk/run close to home in your neighborhood during a quieter time of day.
- (3) Adhere to your local social distancing practices while you are out walking/running.
- (4) Try to avoid running at night or in the early morning when it is dark.
- (5) Wear appropriate clothing.
- (6) Be visible and dress for the weather.
- (7) Bring water and/or nutrition if you're planning a longer route. There are no water stations



along the way in a virtual race.

(8) Carry a cell phone with you during your virtual race and tell someone the route you're running in case of an emergency.

(9) Plan out your route in advance and try as best you can to stick to it.

### **Do I have to run the full distance at one time?**

You're welcome to take breaks, as long as you continue to track your run and complete the distance you've registered for. You can split up the distance into more than one day, as long as you walk/run the complete distance between September 17 and 27.

### **I want to share my accomplishments and photos; how can I do this?**

Please share your experience with our community online by tagging us on Instagram @runforwomen and on Facebook @RunforWomenSeries. You can also use the hashtags #runforwomen #shoppersloveyou

### **Do I have to upload my results to get my Foxy Originals Bracelet, UNSTOPPABLE Technical Shirt and Swag Bag?**

As a part of your registration fee you will receive your Foxy Originals Bracelet, UNSTOPPABLE Technical Shirt, and Swag Bag regardless of whether or not you upload your results.

### **Are there special awards for top finishers?**

No there are not. All participants receive an UNSTOPPABLE Technical Shirt, Foxy Originals Bracelet, and our legendary Swag Bag worth over \$100!

### **If I order home delivery, when will I receive my Foxy Originals Bracelet, UNSTOPPABLE Technical Shirt, and Swag Bag?**

We are excited to get the swag into your hands! Our goal is to send out all UNSTOPPABLE Technical Shirts, Foxy Originals Bracelets and Swag Bags starting in early September. As regulations are constantly changing, we cannot guarantee the date you will receive your race kit. We will do our best to keep you updated on the timing of the deliveries.

As long as you select the "home delivery option", you will receive your package in the mail to the address you provide on your registration form. This option will charge you a \$10.60 shipping fee.

Participants will also be able to pick up their kits at select Running Room locations across Canada at no cost.



**Do you have a tracking number if I select the home delivery option?**

If you do not receive your race package before event day, we will provide a tracking number. As circumstances are constantly evolving, we cannot guarantee the exact date you will receive your kit.

**Can I register for the virtual walk/run if I live in another country?**

Everyone, everywhere is welcome to participate. No matter where you are located, be sure to cheer on your community of runners using #RunForWomen

**I already registered for an event, can I get a refund?**

If you do not wish to participate in the 2020 virtual event, we can offer you a deferral to 2021. However, by choosing this option 50% of your registration fee will not be donated to the charity and you will not receive an UNSTOPPABLE Technical Shirt, Foxy Originals Bracelet or Swag Bag. To request a deferral, please email [info@runforwomen.ca](mailto:info@runforwomen.ca)