



RBC Race for the Kids

September 8 – Heritage Park

Frequently Asked Questions (FAQ)

1. How can I participate?

In-Person

Join hundreds of others in a family fun 6km walk and run around Glenmore Reservoir on Sunday, September 8. We will also have a shorter Park Pathway route available for our youngest participants inside Heritage Park.

Details on both routes will be posted closer to Race Day, sent to participants by email, and available in our Race program as well.

Your registration fee includes a race T-shirt, free parking, a pancake breakfast and all-day access to Heritage Park!

Virtual

Virtual registrants can participate anywhere, and registration is free.

Virtual participants can earn a race T-shirt and wear it with pride on Race Day, simply by fundraising \$100 or more by August 12 on your participant page. For those who raise \$100 or more after this deadline, shirts will be sent after September 8. (Shipping is only available to Canadian addresses).

2. How much does it cost?

For the in-person event, adult registration (18+) is \$40, youth registration (3 -17) is \$30 and children 2 and under are free. Register before June 30 and save \$5 on each participant!

Virtual registration is free of charge. Fundraising of \$100 or more earns virtual participants a T-shirt that will be sent in the mail.

Please note: Heritage Park Annual Passes or other discounted admission vouchers are not valid for this event.

3. How do I register for RBC Race for the Kids?

- Sign up at my.childrenshospital.ab.ca/rbcrace
- You can choose to participate as an **Individual**, **Join a Team** or **Create a New Team**.
- Select your participation type as outlined below:

Adult In-Person (18+)

Youth In-Person (3-17)

Child In-Person (2 & under)

Adult Virtual (18+)

Youth Virtual (3-17)

Child Virtual (2 & under)



3. How do I register for RBC Race for the Kids? (cont.)

- Follow the registration process for each attendee, including T-shirt size, and confirm you have read the event waiver. Please do not navigate away from the registration form until your transaction is complete, otherwise the information you have entered will be lost.
 - *Note – all registrations are eligible for a T-shirt, with the exception of children aged 2 and under. Virtual participants will receive their T-shirts in the mail after fundraising \$100 or more.*
- Once your transaction is complete you will receive a confirmation email with your registration details and a separate welcome email with a link to your fundraising page. If you are new to the Classy system, it will ask you to create a password. If you have used the Classy system before simply enter your credentials. If you forget your password, click the link for an opportunity to reset it.
- If you have any questions about the event or require additional assistance during registration, please contact events@achf.com.

4. Do we have to complete the full 6K?

The Reservoir Route is a 6km walk/run, but the RBC Race for the Kids is designed for everyone. Start times will be staggered so the pathways don't get too congested, and everyone can go at their own pace. There will be opportunities to cut the race shorter and turn back if the little ones aren't feeling up to completing the circuit. We will have signage at the 2km, 4km and 6km turnaround points.

We will also have a shorter route of approximately 1.5 km available for our youngest participants inside Heritage Park.

Details on both routes will be posted closer to Race Day, sent to participants by email and available in our Race program as well.

5. How can I fundraise for RBC Race for the Kids?

Once you have registered for RBC Race for the Kids, you will receive a welcome email with a link to your participant page. We recommend bookmarking your page for easy access or click "Login" at the top of the [RBC Race for the Kids homepage](#) and enter your details.

Once you log in to your participant centre, click "Manage" in the top right-hand corner to access your dashboard. From here you can update your photo and story, post updates, and use the email templates to ask for donations and thank your donors.

6. Is there a minimum amount to fundraise?

We encourage participants to fundraise in new and innovative ways, as every dollar will support crucial youth mental health resources that are needed now more than ever. When you register, a personal fundraising goal of \$150 is automatically set for individuals. But don't let that stop you from dreaming bigger – choose your own goal to make even more of an impact for kids.



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7. How do I get to the race? Is there parking?

Heritage Park is conveniently located just 20 minutes from downtown Calgary with parking onsite. Get directions from [Google Maps](#).

We encourage carpooling or public transportation, if possible. For parking onsite, participants will be given a code prior to Race Day that they can use to register their vehicle at the pay stations to bypass the parking fee.

8. Can I walk or bring my stroller? What about a bike or roller blades?

The 6km event is designed for walkers, runners and strollers. If you require the use of your stroller during the run, we ask that you start at the back of the pack for everyone's safety and enjoyment.

With hundreds of kids and adults on the pathways, we ask you to leave the scooters, bikes, and roller blades at home.

9. Is the event accessible to wheelchair users?

Those using wheelchairs are very welcome to participate. The route is paved and therefore fully accessible. Please be aware that there are two small hills along the route.

Heritage Park is also wheelchair accessible with the exception of one historical attraction. It should be noted the Park is a mix of gravel roads and boardwalks, reflecting the time period.

10. Will there be refreshments on the course?

The 6km course will have a water station near the halfway point and at the finish line. There will also be refreshments near the start line before the race, and at the Celebration Tents inside Heritage Park after the race.

11. Can my family/friends watch the race?

Yes, but to fully participate in all the fun and enter the park afterwards, they will need to register as a participant to enter Heritage Park.

The 6km Reservoir Route follows the pathways around the Glenmore Reservoir, and all other activities, including the breakfast, take place inside the gates of Heritage Park.

12. What if it rains?

RBC Race for the Kids will take place rain or shine. If the forecast suggests inclement weather, make sure you dress appropriately! There are seats available inside the Celebration Tent so you can enjoy your breakfast.

13. Is the race timed?

No, the race is not timed. Everyone is here to have fun and support kids!



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14. Will there be medical personnel on site?

Yes, the health and safety of participants is very important to us. Medical professionals will be on duty. Please contact a race official, course marshal or volunteer if medical assistance is required.

15. Are there prizes?

Complete the race and you'll be rewarded for all your hard work with an environmentally friendly completion medal – and have bragging rights, too! Other exciting draws and prizing will be announced closer to Race Day. Stay tuned!

16. Do I need to pick up anything before the race?

Yes. All in-person registrants will need to pick up a race kit, which includes the T-shirt and everything you'll need to access Heritage Park and enjoy the day to its fullest. Details on dates and times will be emailed to participants and also updated on the website.

17. What do I need to bring when picking up my race package?

Just the full name of any participants you're picking up packages for!

18. Can I volunteer for RBC Race for the Kids?

Yes! If you're interested in getting involved, please visit the [Volunteer page](#) on the Alberta Children Hospital Foundation website and complete the application form.

19. Can my dog run with me?

With the exception of service dogs, Heritage Park does not allow any animals inside the park as it is impossible to predict how they will interact with the horses and other livestock. We ask you leave your canine friends at home – although the pathways are public, most of the fun takes place within Heritage Park and we don't want you to miss out!

20. Can I wear my headphones?

For the safety of all participants, RBC Race for the Kids strongly encourages a headphone-free environment. Being headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on course cheering you on and providing directions to help get you to the finish line. Runner safety is a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable experience for everyone.

Please note: Heritage Park Annual Passes or other discounted admission vouchers are not valid for this event.