



Frequently Asked Questions:

What if I can't attend the 5K event my Girls on the Run team is designated to run?

You can switch to the other Girls on the Run race if you have a conflict. Note: Your team and coaches will NOT be there to meet up with at the race. We highly suggest a parent run with you if you are switching races. Parents will need to register for the race through our online registration link on the 5K page. To switch, you will need to email Christy at christy.jones@girlsontherun.org. Provide your name, school and which race you want to run.

I don't know if I am supposed to go to the 5K in Cherry Creek Reservoir May 13 or Colfax 5K in City Park on May 20? Please refer to the **Denver Area 5K School List** on the 5K page to find the school names and race assignments.

I am running the event on the 13th with my team. Can I run the event on the 20th too? Yes, but you will need to register for the other race. You can register online via the registration link on the 5K page.

My daughter participates in Girls on the Run. Can I run the race too? Yes, we encourage parents to run with their daughters. You will need to register for the race via the online registration link found on the 5K page.

Why are there two events this year? Great question. Girls on the Run has grown and we feel that one race was getting too large. We feel breaking into two races will provide girls, coaches, family and community members a better experience.

Do I have to register my daughter for the race? No, if your daughter is in Girls on the Run she is ALREADY registered for the race.

Where do I park? Please refer to the parking information on the 5K page.

What time does my daughter need to arrive on race day? We suggest arriving by 8:00 for a 9:00 am race start. This gives you time to get your bib number and meet up with your team.

Where will I find her school (Girls on the Run team)? We have a meet and greet area with all the school names set up alphabetically.