



## 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 Emily at [emily.fenger@girlsontherun.org](mailto:emily.fenger@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 19?** Please go to [Our Program](#) → [Locations](#) on our website. Find your school in the list. Races are listed in the far right column.

**I am running the event on the 13th with my team. Can I run the event on the 19th too?** Yes, but you will need to register for the other race. You can register online by going to the [5k page](#) on our website.

**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?** 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 when it is available.

**What time does my daughter need to arrive on race day?** Plan for crowds and allow extra time to find parking. We suggest arriving an hour before the race starts. This gives you plenty of time to find your team, get your bib number and warm up.

**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. Look for your team signs!

