



RBC Race for the Kids

September 11 — Heritage Park

Frequently Asked Questions (FAQ)

1. What are my registration options?

In-Person

Join hundreds of others in a fun 6K walk and run around Glenmore Reservoir. 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 by raising \$50 or more through their fundraising! T-shirts will be mailed out prior to Race Day if you've reached your goal by August 24. For those who raise \$50 or more after this deadline, shirts will be sent after September 11. (Shipping only available to Canadian addresses).

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

2. How much does it cost?

For the in-person event, adult registration (18+) is \$30 (\$25 for early-birds), youth registration is \$20 (\$15 for early-birds) and children 2 and under are free. Early-bird pricing is available until June 30th PLUS you will also be entered to win tickets to see Blake Shelton live at the Scotiabank Saddledome during the Calgary Stampede on July 16.

Virtual registration is free of charge. Fundraising of \$50 or more earns a T-shirt that will be sent in the mail.

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

- All registration is done online at rbcraceforthekids.com
- Select the Alberta Children's Hospital Foundation under events in North America
- You can participate as an **Individual**, **Join a Team** or **Start a New Team**.
- Select your participation type: **Adult (18+)**, **Youth (3-17)**, **Child (2 & under)**.
- Create a **login username and password**, which will allow you to access your personal or team fundraising page. Please do not navigate away from the registration form until your transaction is complete, otherwise the information that you have entered will be lost.
- Once your transaction is complete you will receive a confirmation email.
- If you have any questions or require additional assistance, please contact Shandra Harbottle at events@achf.com.

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

While billed as a 6-km walk/run, RBC Race for the Kids is designed for everyone. Start times will be staggered so the pathways don't get too congested and families with small kids and strollers 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.

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 confirmation email with a link to your very own participant page. We recommend bookmarking your participant 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, you can send emails directly from the site by customizing the built-in templates to ask for donations and thank your donors. You will use the login details that you created during your online registration to access your participant page.

6. Is there a minimum amount to fundraise?

We encourage participants to fundraise in new and innovative ways, as every dollar will help us reach our goal and help the kids who need it most! When you register, a personal fundraising goal of \$50 is automatically set. You can set your own target for any amount you choose on your fundraising page – dream big to support the critical youth mental health resources that are needed now more than ever!

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. Heritage Park is typically busy, and we're planning for a full event, so we do encourage carpooling or using public transportation if possible – [Click for Directions](#). For parking onsite, participants will be given a code 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 6K 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 rollerblades 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 of the historical houses. It should be noted the Park is a mix of gravel roads and boardwalks, reflecting the historical time period.

10. Will there be refreshments on the course?

The 6K 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'll need to register as a participant to gain entry to Heritage Park.

The 6K Fun Run takes place on 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 Calgary will take place rain or shine. If the forecast suggests inclement weather, make sure you dress appropriately! There are seats available inside the Celebration Tents so you can enjoy your breakfast.

13. Is the race timed?

No, we're hoping that everyone can just have fun!

14. Will there be medical personnel on site?

Yes. We take everyone's health seriously and we will have medical professionals on duty. Please contact a race official, course marshal or volunteer if medical assistance is required.

15. Are there prizes?

Complete the 6K and you'll be rewarded for all your hard work, commitment and support for the mental wellness of children and youth – and have bragging rights, too! Other exciting draws and prizing will be announced closer to Race Day.

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

Yes. All registrants need to pick up their race kit, which gives you everything you'll need and access to Heritage Park for the entire day.

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Race package pick-up will be held at Heritage Park in Gasoline Alley. Dates and times to be announced (and will be updated here).

RBC and AHS employees will receive additional times and locations for pick-up options by email.

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?

If you're interested in volunteering, please call 403-955-8838 or email Jeanette, our Volunteer Coordinator, at volunteeringinfo@achf.com.

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 during the 6K Family Fun Run. 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.

21. Who do I contact if I have questions or need more information?

Please email us at events@achf.com and we'll be happy to help!