

# FLAPJACK 15 FAQs

## **Where and when is package pickup?**

- Package Pick-up will take place at the Run Calgary office (Unit 17; 1515 Highfield Crescent SE). Package Pick-up dates and times will be confirmed by email to all registered participants two weeks prior to the event date.

## **Can I pick up for someone else?**

- You can send someone else to pick up your package. Please ensure they have your confirmation number with them. Please let us know ahead of time if you plan on picking up for 3 or more people.

## **If I paid to have my swag shipped, when will I get my package in the mail?**

- If you paid to have your package mailed, we will be processing these packages on, or around, June 30th. If you registered after June 30th, your package will be mailed out after the last day of the virtual event. Please note that we aim to get your swag to you prior to the virtual event start date, however we are at the mercy of our suppliers and Canada Post, and cannot guarantee the arrival date.

## **Can I get a refund if I can't participate?**

- All registration fees are non-refundable. No refunds, transfers, medical comps or deferrals under any circumstances.

## **Is this a family friendly event?**

- You bet! We have youth-sized shirts, so you can wrangle up the whole family to participate together. Additionally, if you register three or more participants in one transaction, you automatically receive a group discount of 10%.

## **Do I need to run or walk all at once or can I break up the kilometers throughout the duration of the challenge?**

- From July 5 - 14 2024, participants of the Flapjack 15 work towards walking or running a total of 15 kilometers. You can choose to run 15 KM all in one day, walk a few KM's each day, or anything in between. How you split up the distance is totally up to you! If you plan to break up the kilometers throughout the duration of the race period, you will not be able to track your race using the RunKeeper race option and/or use its associated features. You can still use the Virtual Results Leaderboard - just track your cumulative time and post the total.

## **Where do I run/walk my 15 km?**

- You can run/walk your 15 km anywhere, on any surface and any time between July 5 -14, 2024. Did you know that the pathway around the Glenmore reservoir in Calgary has a 15 km route?

## **How do I track my run or walk?**

- It is not not mandatory to track your time for the virtual race.

- For those who wish to track their time, there are a number of tracking options, including [RunKeeper](#) which syncs automatically to your Race Roster account and the Leaderboard.
- Tracking your time but don't want to use [RunKeeper](#)? You are welcome to run or walk using your favorite app or a good old fashioned watch. You will just need to ensure you make a note of, or take a screen-capture or picture of your finishing time. You will then need to manually upload your time and optional screenshot/picture to the [Leaderboard](#).

### **Is there prizeing for this event?**

- There will be prizes for posting pictures and tagging us on Social Media. You can also win a prize for fundraising - winners who raise a minimum of \$50, \$100 and \$250 will be announced when fundraising closes one week after the event date.

### **Where do the funds raised go?**

- Flapjack 15 is proud to support the [Youth Centres of Calgary \(YCC\)](#). YCC focuses on reducing the effects of poverty and addressing the real and urgent problems associated with youth growing up in Calgary's tipping point communities. YCC concentrates specifically on youth who are economically and socially disadvantaged in grades 6 to 10 in communities where youth have insufficient access to healthy food, developmental opportunities, and activities. The YCC model is to operate centres from a home-like environment that provides a free after-school "home away from home" for an average of 45 vulnerable youth every day.