



Dear Calgary Run for Water Family,

First of all, I hope you are all home as much as you can be, and safe.

These are unprecedented times that we are living through right now, and it is, of course, affecting The Calgary Run for Water scheduled for June 13, 2020.

The community of Friesiweat is still in need of water points in their community. That hasn't changed. Now, more than ever, access to water is critical. You can't wash your hands if you can't get enough water for the day.

Here at the Calgary Run for Water we intend to keep our promise to partner with the people of Friesiweat and also bring the community of Calgary together, even if we have to be apart right now. Here's how:

We are switching gears and Introducing the...wait for it...

2020 Calgary Run for Water Virtual Race!

What does that mean?!

1. We will be turning our June 13th run into a Virtual Run! So, we are no longer meeting up at St. Patrick's Island to run together. From June 13 until June 20th, you will run either 5 k or 10 k at whatever time you choose and on whatever course you choose. You could run on your treadmill, you could run in your neighbourhood, on your favourite piece of river pathway, wherever you choose. You run independently or with the people you are self-isolating with.
2. But you will not be alone! Because we will have our whole Calgary Run for Water community there with you; cheering you on virtually and celebrating your achievement. We will announce exactly how we're doing this in the next few weeks...it's going to be good!
3. We are no longer providing race shirts as an option at registration so if you registered already or when you register, we encourage you to wear an old Run for Water race shirt if you have one. And if not, try to wear a blue shirt.
4. We will be supporting you on our social media platforms with 5 and 10 k training programs because keeping active is important right now.
5. Go to <https://raceroster.com/events/2020/26074/calgary-run-for-water> to register for this event.
6. Did you register already for the Calgary Run for Water? Don't worry! You will receive an email with instructions on what your options are in a few short minutes!

We will have more details coming out in the following weeks. If you don't already, follow us on facebook (Calgary Run for Water) and/or Instagram (@yycrunforwater). I can't thank you enough for standing with us in this time. We truly believe we can give you something to look forward to with our virtual race and help keep Calgary active in these incredibly trying times.

We love you all, stay safe,

Heather Maat

Board Chair
Calgary Run for Water
403-620-6264
heather@calgaryrunforwater.ca