

2009 “Run for Your Rights” Frequently Asked Questions

Is this a race?

“Run for Your Rights” is a recreational 5k. You can participate in a timed run or you can walk at whatever pace suits you.

What time does the race start?

Registration will open at 11:00am. Give yourself enough time to find parking, check-in, pick up your Run-Walk shirt, and mingle! There will be a short rally at 11:45am; **step off is at noon.**

Can I bring my kids/dog/baby in a stroller?

Yes! This community event is family and pet friendly. In fact, there will be a special “lane” for people with kids, strollers, or furry friends!

How do I sign up?

You can sign up online and/or register your team at:

<http://www.prochoicewashington.org/events/run4rights.shtml>.

Can I register the day of the event?

Yes, however we won’t be able to guarantee you a Run-Walk shirt. If you register online at <http://www.prochoicewashington.org/events/run4rights.shtml>, we will custom order your shirt for you!

How much are “Run for Your Rights” shirts?

Your shirt is included in your registration fee. If you want a fitted women’s size, it is an extra \$3.00; this will be calculated into your check out price when you register online.

I got a pledge form in the mail after I registered online. Do I have to collect pledges?

This is not required to attend the Run-Walk. However, by asking friends and family for donations to NARAL in your name (or in the name of your Run-Walk team), you will be doubling your support for NARAL’s advocacy on behalf of low-income women’s access to birth control. Every dollar counts! We appreciate your efforts.