

# TOUGH COOKIE

## What is the Tough Cookie Challenge Race?

This 5K (3.1 mile) chipped timed event is an opportunity for all runners, Girl Scouts, families and friends to celebrate healthy living and community involvement. The race begins at 9:30 a.m. at Green Hill Park. Depending on what race option you selected and the date of your registration, you will receive a t-shirt, patch, participation medal and a box of Girl Scout cookies.

## What is the 1-Mile Fun Run?

The Fun Run is a one-mile run/walk designed for younger racers or those who do not wish to participate in the 5K. The race will begin at 9 a.m. at Green Hill Park.

## What is the Virtual Race?

If you can't join us in person, run in spirit! Virtual runners had the option to pick-up their packet in-person or have it mailed to them.

## Are there Covid guidelines for the event?

Yes. We will be following the guidelines in the [Governor's Executive Order](#). Additionally, if you are not feeling well, if you have had a known exposure or if you are waiting on results from a Covid test on race day, please stay home. And, no spectators please. People who are not registered for any event will be expected to wait in their vehicle. One-mile participants should plan to leave immediately following that event or plan to wait in their vehicle if they are arriving with a 5K participant. Participants should practice social distancing during the race, including at the start/finish and during the medal presentation. Masks are required except when participating in the 5K. Hand sanitizing stations will be at the registration table and at First Aid.

## Will there be water stations?

There will be a water station at the start/finish line and one on the course (bottled water). Runners are encouraged to provide their own hydration. Individually packaged post-race snacks will also be available.

- There will be post-race individually packaged snacks available.
- There will be a hand sanitizing station at the registration table and First Aid.

## Is there a patch?

Of course! The first 300 registrants will receive a patch.

## What happens if there is inclement weather on race day?

There is not a rain/snow date for this event; it will take place rain, snow or shine.

## Are entry fees refundable?

No, we are unable to provide refunds.

## Where and when can I pick up my race packet?

Participants will be able to pick up their race packets:

- Mon, Mar 22 from 12pm to 7pm at [Girl Scouts of Virginia Skyline](#).
- Tue, Mar 23 from 1pm to 7pm at [Girl Scouts of Virginia Skyline](#).
- Thu, Mar 25 from 4pm to 7pm at [Girl Scouts of Virginia Skyline](#).
- Fri, Mar 26 from 12pm to 6pm at [RunAbout Sports Roanoke](#).

If you are participating in the race from out of town, you can pick-up your packet on race day beginning at 8:15am.

### **Do you mail out the race packets?**

Race packets were only mailed to virtual participants who selected that option. See above for packet pick-up info.

### **What is in a "race packet"?**

A race packet consists of your bib number and race swag.

### **Can I still receive my race packet if I am injured and can't race?**

Absolutely! Please come to packet pick-up or have a friend pick it up for you.

### **What time should I arrive for the race?**

We encourage those who have picked up their race packets in advance to arrive no later than 8:45am for the 1-Mile Fun Run and 9:15 AM for the 5K. This will allow ample time to park and proceed to the starting line.

### **Where can I park on race day?**

There is parking available at Green Hill Park. Please refer to the course map.

### **What should I bring to the race?**

If you have picked up your packet in advance, do not forget your race bib. Only participants wearing their bibs can be timed.

### **Are there restrooms on the course?**

Yes. There will be restroom facilities.

### **Will water be available?**

Yes, bottled water will be available along the course and at the end of the race. Participants are strongly encouraged to provide their own hydration.

### **Are strollers allowed?**

Strollers are not recommended for the 5K OR 1-Mile Fun Run as most of the course is in the grass or on a gravel road.

### **Are pets allowed?**

No. Pets will not be allowed to run along with participants.

### **What will happen after the race?**

Due to Covid guidelines, participants in the Fun Run should leave the race once they have completed the one-mile course. If Fun Run participants are coming with someone who is participating in the timed 5K, please plan to wait in your vehicle during that event.

### **Are there awards?**

The top three 5K males and females in each age group will be awarded a medal. The top three overall finishers for males and females will also be awarded a medal, a gift certificate from RunAbout Sports and a case of their favorite Girl Scout cookie. The awards ceremony will begin right after the 5K ends.

### **If I have questions about the race, whom do I contact?**

For race questions contact, Melissa Hildebrand at [mhildebrand@gsvsc.org](mailto:mhildebrand@gsvsc.org) or (540) 521-3209.