

## Run to the Shrine ~ Frequently Asked Questions

### *Is it okay to bring a stroller?*

Only approved jogging strollers with tethers are allowed on run course. There will be several stroller turn-around points for those who wish to turn around. Non-jogging strollers are permitted on the run course to the designated turn-around point at the top of the Zoo only. For the safety of all participants, non-jogging strollers are not allowed beyond this point.

All strollers please remain at the back of the pack during the walk or run and please take care to leave ample space between the front of any stroller and walkers/runners ahead.

### *Can I bring my pet to the run?*

Only leashed service animals are permitted within Zoo grounds. No pets or service animals are allowed on the run course.

### *Can I use radio headsets, roller blades, incline skates, bicycles?*

For the safety of all participants, we discourage the use of radio headsets. Skate boards, roller blades/inline skates/Heely's®, bicycles and pets are not allowed on the run course.

### *Can I come as a spectator?*

Yes! Spectators are not required to register but must pay Zoo admission to attend as an observer. Spectators will be encouraged to gather at the Lodge at Moose Lake to cheer on the finishers. Run participants must register in order to be allowed on the Run course.

### *What type of run terrain can be expected?*

#### **5K**

The 5K course begins at Cheyenne Mountain Zoo's admissions gates and curves though the Zoo finishing beyond the historic monument, [Will Rogers Shrine](#). Although Shrine Road is primarily paved, there are sections of gravel and rocky terrain. Sections of the road do not have guard rails. The terrain boasts an 8% increase in grade and 935 ft rise in elevation over the course providing a unique challenge to area athletes.

#### **10K**

The 10K course also features an ascent to the historic Will Rogers Shrine and continues through some of the Zoo's most popular exhibits including Rocky Mountain Wild.

### *How can I volunteer on Run Day?*

We depend on volunteers to make this event happen. If you would like to join our volunteer team, please call Megan at 633-9925 ext. 112 or email [mhudak@cmzoo.org](mailto:mhudak@cmzoo.org).

### *What happens if the weather is bad?*

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. There will be no refunds.

Thank you for stampeding with us!