

CARBTRIM - THE BULL RUNNER ALL WOMAN RACE FAQ

How and where do I register?

Just go to an All Woman Race registration center to join. Early-bird registration is at Planet Sports BGC from May 19 to June 8. Additional registration centers will open at Planet Sports Trinoma and New Balance Filinvest Mall from June 9 to 30. We will accept late registrants at Planet Sports BGC from July 1 to 6.

What time are the registration centers open?

Registration centers are open daily from 12:00 noon to 9:00 PM.

How much is the race fee and when is the registration period?

DISTANCE	GUN START	EARLY BIRD May 19 to Jun 8	REGULAR Jun 9 to 30	LATE Jul 1 to 6
		Planet Sports BGC	Planet Sports BGC & Trinoma, New Balance Festival Mall	
21k	430am	1200	1400	1600
10k	530am	800	1000	1200
5k	545am	600	800	1000

Race fees are the same for females and males.

Can I register for my friends?

Yes, provided you fill up their registration form and have their authority to sign the waiver on their behalf.

I registered during the early-bird period. When can I claim my race kit?

You may claim your race kits starting June 9 at the registration center you specified. During the regular registration period, you may claim your race kits as you sign up and pay.

Is there on-line registration?

Sorry, we don't have on-line registration.

Can men also join? Are they eligible for prizes?

Yes! Men are welcome to run with their wives, girlfriends, sisters, mothers and significant others. But men will have to run as "honorary women of the day" by wearing the tutus provided in the male runners' kits. Men are not eligible to win the race.

Do women have to wear tutus?

No. Women can wear the race singlet provided in the kit or any running attire they wish.

What does the registration fee include?

The race fee includes a race bib, an Ipico RFID timing chip, a race singlet (for females) or a tutu (for males) and product samples from Carbtrim.



Is there a size chart for the race singlets?

Yes, size chart is below. It is also posted on our Facebook page. We have limited stocks of each size, so shirt sizes are available on a first-come, first-served basis. Those who registered during early-bird period get priority for their desired shirt sizes.



Can men get a shirt instead of a tutu?

Race singlets are specially made for women. Only females get shirts. Men get tutus!

What do finishers get?

All finishers get a swag bag full of goodies. All female finishers get groovy feather boas. 21K female finishers get a special-edition All Woman Race charm bracelet. Male 21K finishers get a medal.



Can men get a charm bracelet instead of a finisher's medal?

Charm bracelets are for 21K female finishers only.

Do men have to run wearing the tutu?

To run, men have to become honorary women for the day by wearing the pink tutus provided in their race kit. No tutu, no run.

Is there a cut-off time?

There is no cut-off time but the roads will have to be opened by 10:00AM.

Where are the start and finish lines?

The start and finish lines are in front of the Filinvest Events Tent along Spectrum Midway Avenue.

What times are the assembly and gun starts?

Here are the assembly and start times of each race category:

	Assembly	Gun Start
21K	4:00 AM	4:30 AM
10K	5:00 AM	5:30 AM
5K	5:00 AM	5:45 AM

Where can we park?

Paid parking is available in the following areas:

- Behind the Filinvest Events Tent
- Westgate
- Festival Mall

Parking is first-come, first-served

Are there prizes for the winners?

Winners will be awarded to the top 3 female finishers of each race distance. Winners get medals, gift certificates and goodies from sponsors.

I'm a beginner. Can I join the race?

Of course! As long as you are physically fit and ready for the challenge. Newbies are advised to run only the 5K distance this year. You may aspire for a longer distance in the next edition of the All Woman Race. Start training now!

Can kids join? Is there a minimum age? Is there a maximum age?

Minimum age for All Woman Race is 12. Runners below 18 years old must get their parents or guardians to sign their waivers. Parents and guardians must exercise their good judgment on the child's physical abilities to join the race.

Will there be baggage check-in?

Yes, at the side of the Festival Events Tent.

Will there be a changing tent?

Yes, at the side of the Festival Events Tent.

Where can I see photos of the race singlets, charm bracelets and finishers' medals?

Photos are posted on our All Woman Race Facebook page. www.facebook.com/allwomanrace

Are there hydration stations along the course?

Yes, there will be 6 Gatorade/water stations along the race route. A Dole banana station will also be available for 10K and 21K runners.

Will there be portalets?

Yes, portalets will be available at the start/finish areas and along the race route.

I have more questions. Who can I contact?

You may contact Macel at mobile 0942.477.6099 and email tbrallwoman@gmail.com. You may also visit our Facebook Page www.facebook.com/allwomanrace