READ ALL OF THIS BEFORE RACE DAY!

2022 11th ANNUAL FUN RUN - IMPORTANT RACE DAY INSTRUCTIONS

SCHEDULE

7:30 A.M. - Race number pick-up/race day registration OPENS (bibs, safety pins distributed)

8:35 A.M. – Race number pick-up/race day registration CLOSES

8:45 A.M. – Line up by grades

8:55 A.M. - National Anthem

9:00 A.M. - Tot Trot Begins for Preschool Runners

9:10 A.M. - Fun Run begins (there will be multiple waves, based on grade)

9:40 A.M. - Adult & Alumni Race begins

10:15 A.M. - Raffle prizes and awards ceremony

RACE ATTIRE

PLEASE WEAR YOUR RACE SHIRTS ON THE OUTSIDE OF YOUR LAYERS. The sea of tie-dye will be unifying and amazing -- but if it's chilly, layer underneath. Parents – wear your race shirt too! The more tie dye, the better! (There will be shirts available for purchase on race day).

BIB PICK UP – DAY OF REGISTRATION – SHIRT SALES

The Bib Pickup and Registration Tables will open at 7:30am and will be fully closed by 8:35 so that the race can begin on time. Bib Pick Up and Registration are two different tables. Go to the Bib Pick Up table if you pre-registered online. Bibs are separated alphabetically by last name. Go to the Registration table if you need to register to run and/or purchase a t-shirt the day of the race. Registration (including a t-shirt) and shirt-only are both \$25 on race day.

<u>IMPORTANT!!</u>: 1 Mile Race bibs are chipped! Therefore, do NOT transfer your race bib to another person. To ensure accurate timing results, double check that the correct bib is put on the correct person!

PARKING AND ROAD CLOSURES

Please arrive on time! The event opens at 7:30am. Plan to be parked by no later than 8:20. School parking lots will close by 8:30 to prepare for the race. Please review the parking map for all approved available parking options. PLEASE do not block the carpool lanes at the schools, as the kids will be running AROUND the upper school and the Hive. Approved off-site parking will be available. Cooper Lake Rd and Weaver St will be closed until 10:00AM. If you need to leave the Fun Run event before 10, please park in the Oakdale Park Lot, Childcare Network Lot or Vining's Bank across Atlanta Rd. Please use extreme caution crossing Atlanta Rd.

TOT TROT

The Tot Trot is for preschoolers and younger siblings who must be registered to receive a shirt and bib to run. The start line is the same line utilized for the One Mile race, and the finish line is the fenced in lawn across the parking lot. The distance is approximately 100 meters. Children will all run together and will be guided by volunteers and the St Bs Cross Country Team. Parents who wish to help their kids should line up in the back of the pack with their children.

ONE MILE FUN RUN

SEE ATTACHED MAP – Same 1 Mile course as last year. The One Mile Race is for Kindergarten through 8th ONLY. Runners will begin at the start line and take a right off campus, making a loop back to the start/finish line via Daniel, Weaver and Cooper Lake. The course will include running around the upper school lot, a U-turn on Cooper Lake and around the Hive (these were new additions to the course last year). Please review the map. Please talk to your racer about the course in advance. Police officers and parent volunteers will be on the course to ensure safety and lead the waves. We encourage honesty and good sportsmanship; **please no cutting corners or skipping the u-turn**. Parents who wish to run with their young kids who need supervision on the course, **must be registered** with a race bib and should line up at the back of their child's start wave.

ADULTS & ALUMNI ONE MILE FUN RUN

The course is the exact same as the Student 1 Mile Fun Run. Please see the attached map. Adult and Alumni runners will begin at the start line in one wave once the course has been cleared of students. If you have young children who need supervision while you run – please escort them to the Preschool Playground (before 9:30) where we will have volunteers to watch them. Be sure that you are wearing your chipped bib provided by Elite Race Timing in order for your time to register in our final results.

RACE TIMING AND CHIPPED BIBS - IMPORTANT

Anyone (child or adult) running in any of the races must be registered and wearing a bib to be running on the course. This includes preschoolers running in the Tot Trot (but not parents accompanying Tot Trotters). This is a safety issue! Anyone who did not pre-register online but decides on race day to run in an event, **must** register at the Registration Table by 8:30 to receive a t-shirt and bib.

Parents running with a child in the 1 Mile Fun Run must be registered and wearing a bib!! It is possible for a parent to escort a child in the 1 mile Fun Run and also run in the timed Adults & Alumni 1 Mile Race, but you **must** be registered for the Adult Race to get a chipped bib. (Parents registered for the student 1 mile race only will not receive a chipped bib). If you plan to run the Adult Race but think you registered online for the student race, please email Race Director Kirsten Protos at <a href="style="st

CHEERING

PLEASE spread out on the course to cheer for the runners! The kids will need your support to complete their race! Bring signs, cowbells, noisemakers, and a loud cheering voice. Students will line Cooper Lake Rd to cheer on the adults and alumni in their race!

RACE DAY CELEBRATION

Water in awesome keepsake hypercolor Stingers cups, bagels and fruit will be available for runners and parents AFTER THE RACE. Complimentary coffee from Costa Coffee and hot chocolate will be available pre-race and the music will be rockin'! Kids, be sure to pick up a hypercolor Fun Run bracelet!

RESULTS, AWARD CEREMONY AND RAFFLE

Every child will receive a finisher medal for completing the Tot Trot and 1 Mile Fun Run. Race results can be found by scanning the QR code on your race bib this year! We will award top 3 grade/gender winner certificates for the student 1 Mile Race and Top 3 male and female runners in the categories of Adult and Alumni in that race. We also have some great prizes to raffle off before the awards, so stick around!

<u>VOLUNTEERS</u> – Please check the <u>signupgenius</u> and your email to confirm your volunteer position, check in time and instructions. WE ARE STILL IN NEED OF MORE VOLUNTEERS! Thank you so much for helping us put on the Fun Run!!We couldn't do it without you!!

Fun Run Shirt Information and FAQs

- 1. Shirt bags are packed per family (not individually), so the bag should contain all shirts purchased within one family. All orders placed for the family will be listed in a label on the bag. If the bag is missing a shirt (ie there are 4 shirts listed on the label and only 3 in the bag) OR if you believe that the label is missing shirts you ordered, please email stbsgunrun@gmail.com. Sometimes there can be confusion if there is more than one surname within a family or if grandparents/friends ordered shirts to be included in your family's delivery. Please include the other surnames for us to look for when you email.
- 2. All orders are filled based on the size(s) you registered for online. We double check our packing accuracy, but on the rare occasion, we do make a mistake. The sizes that you ordered will be listed on the bag. If the sizes of the t-shirts do not match up with the sizes on the bag, please email stbsgunrun@gmail.com by Wednesday evening 10/19 so that we can organize a shirt swap for you on Thursday.
- 3. If one or more shirts that you ordered and received do not fit, there is a chance that we can do a shirt swap before Friday, depending on inventory availability. Some sizes may be sold out. To inquire, please email stbsfunrun@gmail.com. Please email by Wednesday evening 10/19 so that a shirt swap can be planned for Thursday, if we have the available shirt(s) to trade. If you wish to buy additional shirts, please visit the Race Day Registration table on 10/22 to purchase for \$25; sizes based on availability.