

2025 Participant Guide



HONDA
Federal Credit Union



Welcome

www.pumpkindash5k.com

We're excited to welcome you to the 2025 Honda Federal Credit Union Pumpkin Dash 5K!

This year, we celebrate our 15th anniversary. We are thrilled to once again partner with the Marysville High School Track & Field and Cross Country teams as our 2025 charity beneficiary. As in previous years, all volunteer roles will be filled by coaches, athletes, and their parents.

We'd like to extend our gratitude to our title sponsor, Honda Federal Credit Union, for once again supporting this event. We also thank First Federal Community Bank, Union Rural Electric, Memorial Sports Medicine, Coldwell Banker, North Main Motors, Bend Active, The Pension Group, Brightspeed, and Primrose Schools for their generous contributions.

Finally, a very special thank you goes out to the City of Marysville, the Marysville Police Department, the Marysville Fire Department, the Marysville Streets Department, and Marysville Parks and Recreation for their continued support and efforts to make this one of Union County's most family-friendly community traditions on Thanksgiving Day.

Thank you for joining us, and have a great race!

Speedy Sneakers Racing



Primrose Schools®

A special event that takes place before the main event, is the Little Pumpkin Dashers. This event is open to kids aged 6 and under.

Order of Events

Race #1 - Aged 4 and Under

Race # 2 - Aged 5 and 6

This year's volunteer shirts are sponsored by **The Pension Group**.

Volunteers—from pre-race packet pickup to course marshals and every role in between—will be staffed by parents, coaches, and athletes from the Marysville High School Track & Field and Cross Country teams.



HONDA

Federal Credit Union

On behalf of Honda Federal Credit Union staff and management, we would like to wish the best of luck to all of the 2025 Pumpkin Dash participants! We would also like to thank the race organizers, sponsors, and volunteers who work hard to bring this annual Marysville, Ohio Thanksgiving tradition to life.

See you on the course!

Dave Cottone, CXO and Cindy Haavisto, Business Development Manager

Schedule

www.pumpkindash5k.com

Monday November 24

11:00 am to 7:00 pm Pre-Race Packet Pickup
North Main Motors
1001 E 5th St, Marysville

If you can't make it on Monday, send a friend with your confirmation. You can find the confirmation in your email, or log into www.runsignup.com

Thursday November 27

8:00 am to 9:00 am Race Day Packet Pickup
S. Court Street, Marysville

Race Start Times:

9:00 am: Primrose Schools Little Pumpkin Dashers
National Anthem
9:05 am 5k Run/Walk



Celebrating 15 Years



Shop at our pop up Shop at Packet Pickup This Year!



WWW.BENDACTIVE.COM

Parking

www.pumpkindash5k.com

There is ample parking throughout the Historic Uptown District. Make sure to arrive early. If you leave your home late, you may have to walk far. Please do not park in the Sheriff parking spot at the Union County Courthouse or at the church near the start / finish area.



Your Orthopedics Experts!

Turning setbacks into comebacks.

If you are experiencing a sprain, strain, sports injury, repetitive motion stress, or trauma, let our Memorial Orthopedics experts identify the cause of your pain, help treat it, and get you from setback to comeback!

Our team can help if you are experiencing:

- Pain as a result of an injury
- Long-term or chronic joint, muscle, bone, tendon, or nerve pain
- Instability or inability to perform daily functions
- Limited range of motion
- A need for knee, hip, or shoulder joint replacement
- Spinal fractures, herniated discs, or spinal cord injuries



Our solutions also include: Regenerative Medicine

Non-surgical measures to enhance the body's natural healing process for osteoarthritis and/or tendinosis of the ankle/foot, hip, shoulder, and elbow.

(937) 578-4200

 **Memorial** ORTHOPEDICS

Memorial Sports Medicine will be located at the start / finish line. If you need taping or have a non-emergency need, you can go over to their tent.



START ORDER

www.pumpkindash5k.com

In order to ensure you run or walk with participants of your own pace, you should self seed yourself based on your anticipated race pace. Faster runners to the front, joggers in the middle, walkers and strollers towards the rear.

START LINE

Sub 20 min to
25:00
5K Time

25:01 to 30:00
5K Time

30:01 to 35:00
5K Time

35:01 to 40:00
5K Time

40:01 and Above
5K Time



Runners ---Joggers ---Walkers ---Strollers



NO DOGS

NO PETS ALLOWED.

Service animals specifically trained to aid person with a disability under the ADA (American Disabilities Act) are permitted.

 **brightspeed**
Fiber Internet

Why Brightspeed Fiber?

- ♦ Fastest Internet Speed in the country*
- ♦ No annual contracts. No data caps.
- ♦ Free premium router at no extra cost.
- ♦ Customer rating of 4.2 stars on Trustpilot with over 12,000 reviews.

What can you do with Brightspeed?

- ♦ Ultra HD streaming and gaming.
- ♦ Work and learn from home without interruptions.
- ♦ Bandwidth to support multiple devices.

switch to the
bright side brightspeed.com/lovefiber

*Limited avail./areas. Fastest internet provider based on the average speeds measured during highspeedinternet.com speed tests between Jan 1, 2024 – Dec 31, 2024. Individual speeds vary.



Timing Chips and Bib Numbers

www.pumpkindash5k.com

When you check-in you will receive a white envelope. Your envelope will have your name on it and inside the envelope will be your bib number, timing chip and two orange twist ties. You will need to use the twist ties to attach the timing chip to one of your shoes (see photo sequence below). Please DO NOT attach the chip to your shoe with your shoes laces as this can break the chip and cause you to not receive a time.

The timing chips are reusable. We will be collecting them at the end of the race.



Your shoe chip will serve as your "ticket" at the end of the race to receive a medal.

We want to ensure that only registered and participating individuals receive a medal.

Results / Gun Time / Chip Time?

This event will be chip timed. Two times will be provided in the results. A "Chip Time" and a "Gun Time".

Chip Time - Is your actual time and starts when you cross the mat at the start and ends when you cross the mat at the finish.

Gun Time - Is calculated when the horn/gun sounds at the start of the race and ends when you cross the finish mat.

We will be using gun time to score and assign your finish position. If you want to be considered for any awards you should position yourself as close to the front of the starting group as possible. This complies with

USATF Rule 245.3 - regarding transponder timing - "the actual time elapsed between an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time. In short, official time per USATF rule is gun time."



Results will be posted at www.speedysneakers.com and www.pumpkindash5k.com

Course Map

www.pumpkindash5k.com



FIRST FEDERAL COMMUNITY BANK



Personal &
Business Banking



Online & Mobile
Banking



Mortgage Lending

USDA, FHA, VA, &
Conventional



Consumer Lending

Car, Personal, Equity
lines & construction



Commerical & Ag
Lending

251 COLEMAN'S CROSSING BLVD
MARYSVILLE, OH

www.ffcb.com | www.needpreapproved.com



MORE INFO
937.642.3421



Member
FDIC

Awards

www.pumpkindash5k.com

We have a lot of awards to go through.

Here are the awards categories



- Top 3 Overall Male and Female (6 awards)*
- Top 3 Overall Male and Female Age Group (54 awards)
- 10 and Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

*Overall winners will also qualify for an age group award.

**Please help us speed up awards by ensuring your information is correct. Check you GENDER (yes many people register with the wrong gender). Check the spelling of your name and age. Much of the information is contained on the label with your bib and chip.

Awards will not be mailed to anyone not present. Stick around to ensure you go home with your awards.



All finishers will receive a 15th Year Commemorative finishers medal. When you finish the race, turn in your timing chip at the registration tents for a medal.

Event Records

Male

Alec Sandusky (2019)
14 min 49 sec

Female

Katie Krueger (2024)
18 min 03 sec

INVESTING IN OUR FUTURE MEMBERS

URE Every year, URE and Ohio's Electric Cooperatives (OEC) team up to support our community's youth in a variety of programs. Take advantage of these wonderful opportunities that only your electric cooperative can provide!

HIGH SCHOOL SENIORS | URE SCHOLARSHIPS

FOUR-YEAR PATH		TWO-YEAR PATH	
first place	\$2,500	first place	\$1,500
second place	\$1,500	second place	\$1,000
third place	\$1,000	third place	\$500

This annual competition recognizes children of URE members for their classroom achievements along with their contributions to the community, and their ability to speak in front of a panel of judges.

SOPHOMORES AND JUNIORS YOUTH TOUR

SAVE THE DATE
June 14-20, 2026

This trip is a weeklong, all-expenses-paid trip to Washington, D.C., that gives exceptional high school sophomores and juniors the opportunity to meet with their congressional leaders at the U.S. Capitol, make new friends from across the state and country, and see many of the famous Washington sights.

FREE FOR ORGANIZATIONS SAFETY DEMOS

The **do's and don'ts** of electrical safety

This exciting presentation is narrated by URE's safety coordinator and demonstrated by URE line technicians. With "hot" lines and fun props, the team teaches electrical safety to any audience — from elementary schools to professional first responders.

15461 US HIGHWAY 36 MARYSVILLE, OH 43040 | 937.642.1826 | FOR MORE INFORMATION GO TO URE.COM

Q: Can I pickup race packets for family/friends?

A: Yes you can but please bring their confirmation email with you.

Q: I am coming from out of town, will there be race day pickup?

A: Yes, race day pickup will start at 8:00 a.m.

Q: How long is the Little Pumpkin Dasher Kids Race?

A: The first event, for kids aged 4 and under is approximately 100 yards long while the second event for the kids aged 5 and older the distance is approximately 200 yards.

Q: Where can I park?

A: There are numerous public parking lots available in the Historic Uptown District. In addition you can park on the street at the designated parking spaces.

Q: How early should I arrive?

A: We recommend arriving at 8:00 am for two reasons. 1) Soak in the energy of the morning and 2) This will ensure you arrive in time for the start as road closures will begin to close down at 8:30 am. You will have to walk a lot further to the event.

Q: My shoe chip number does not have a number or has a number that does not match my bib number?

A: Shoe chip numbers and bib numbers do not need to match your bib. Just make sure you have the correct envelope. The envelope has your name on it.

Q: Can I place my shoe chip in my pocket or on my bib number?

A: No, the shoe tag must be properly and securely placed on your shoe.

Q: What do I do with my shoe chip at the end of the race?

A: Your shoe tag is your "ticket" to receive a medal at the end of the race. When you finish you will turn in your shoe tag and will receive a finishers medal. **No Shoe Tag = No Medal.**

COLDWELL BANKER REALTY

Guiding You Home Since 1906

Dash Into Your Dream Home This Fall with Coldwell Banker Realty!

Join Us at the Pumpkin Dash 5K — Then Let's Talk Real Estate!
Whether you're running the 5K or cheering from the sidelines, Coldwell Banker Realty is here to help you make moves — in real estate!

As proud supporters of the Marysville community, we invite buyers and sellers to connect with our expert agents for:

- Customized Home Market Analysis**
Thinking of selling? Let us help you understand your home's current value in today's market.
Our analysis includes:
 - A detailed review of recent comparable sales
 - Insights into local market trends
 - Recommendations to maximize your home's appeal and value
- Personalized Buyer Consultation**
Ready to buy? We'll guide you through every step of the process with:
 - A tailored home search based on your goals and budget
 - Financing guidance and pre-approval support
 - Local expertise to help you find the right neighborhood

Let's make your next real estate step as exciting as race day!

Call us today at (937) 642-3333
Or stop by our office located at 4054 Colemans Crossing Blvd
Marysville, OH 43040!

Coldwell Banker Realty — Where Your Next Chapter Begins.

Live Well With Coldwell

REALTOR®

**Honda Federal
Credit Union is a
proud 15-year
sponsor of the
Marysville, Ohio
Pumpkin Dash.**

HONDA
Federal Credit Union