

Athlete Guide



In Coordination with WeRun313

August 23, 2025

Pre-Race Schedule of Events

On-Site Registration with We Run 313

- July 22 and August 5 at [Two Mile Tuesday](#). 5:30-7:30 pm. Breadless: 2760 Larned, Detroit, MI 48207.
- August 7 at [5k/10k Thursday](#). 6:30-8:30 pm. Robert C Valade Park: 2670 Atwater St., Detroit, MI 48207.

Course Preview Run and On-Site Registration with We Run 313

- August 10 at [Sunday Long Run](#). 9:00-11:00 am. Palmer Park: 910 Merrill Plaisance Street, Detroit, MI 48203.

Early Packet Pickup Schedule

- Thursday, August 21 – WeRun313 Group Run

- [2670 Atwater St, Detroit, MI 48207](#) (Robert C. Valade Park)
- 6:00 pm - 8:30 pm

- Friday, August 22 – Gazelle Sports

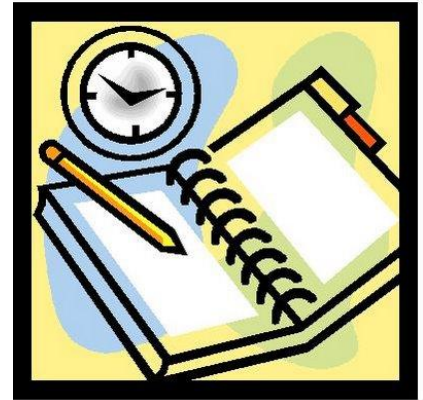
- [99 West Maple, Birmingham, MI 48009](#) (Gazelle Sports)
- 4:00 pm - 7:00 pm

WERUN313

CONNECT. RUN. BUILD.

Race Day Schedule

- Packet Pick Up & Race Day Registration
 - 7:00 am - 8:15 am
- Race Start Time
 - 8:30 am
- Awards
 - 9:35 am
- Course Closes
 - 9:40 am
- Post-race stretching cool down flow
 - 9:50 am
- Post Race Picnic
 - Following Awards and the Post-race yoga cool down



Parking

There is plenty of parking for this event. Most runners will end up using street parking on Covington and the surrounding side streets, but there also will be plenty of lot parking nearby. The earlier you arrive, the closer you will be able to park to the start/finish.



Area 1: This area has about 30 parking spots but it will be closed well before the race starts and will not open until after the course is clear.

Area 2: This area has about 20 parking spots and is a very short walk to race registration.

Area 3: This narrow lot near the training building can be used for parking and has about 25 additional spots.

Area 4: This much larger lot is .45 miles from the registration area. There is path directly from this lot to registration and the start line. It will also be the easier lot to exit from after the race. This lot contains 125+ parking spots.

Area 5: This area is BY FAR the easiest to park at. This is parking on Woodward. There are hundreds of spots on both sides of the street.

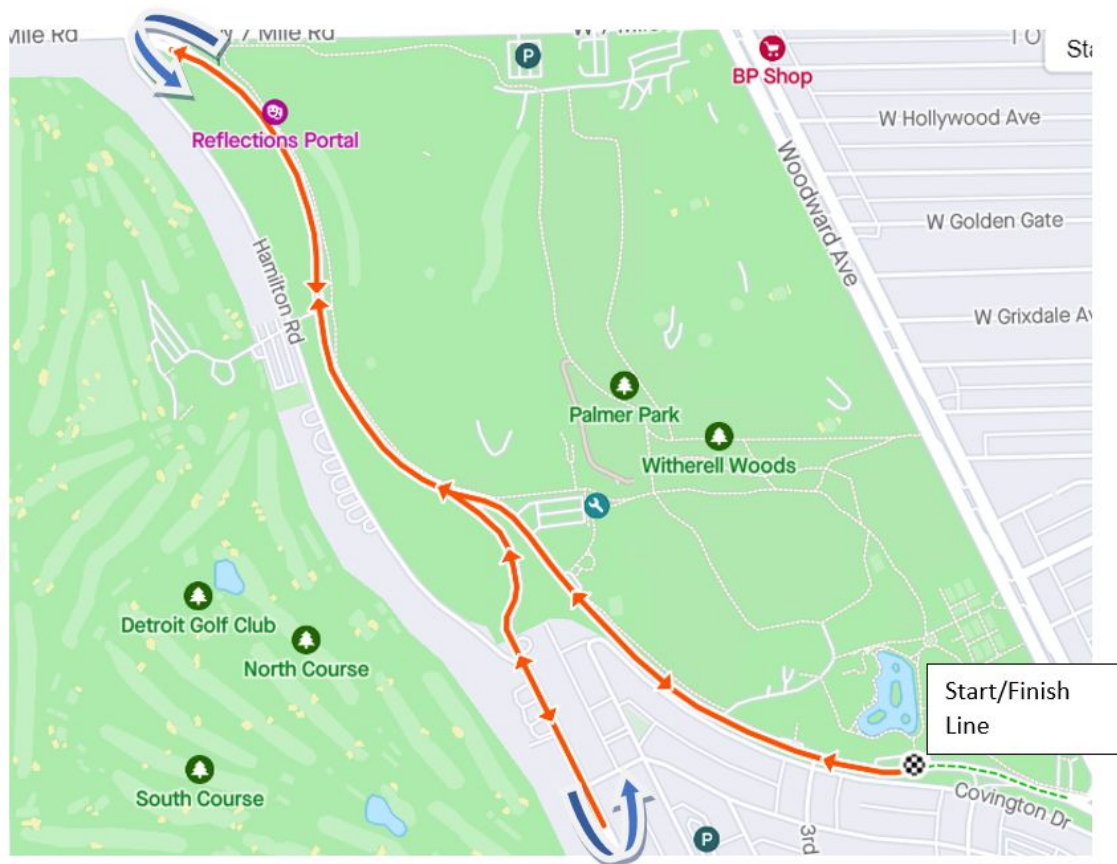
Area 6: This area is neighborhood parking south of the Start/Finish area. There is a lot of parking on these streets, especially Covington. Please be respectful of the neighbors on race day.

Area 7: We have gotten permission to park cars on the North side of Merrill Plaisance BEHIND the finish line. This is normally a no parking zone, but parallel parking during the race is being allowed. Please only pull up as far as the cones, and the no parking signs. Anyone parking here can only stay until after awards. If you are staying for yoga, or the picnic do not park here or you may find a ticket when you return.

Course Map ([link](#))

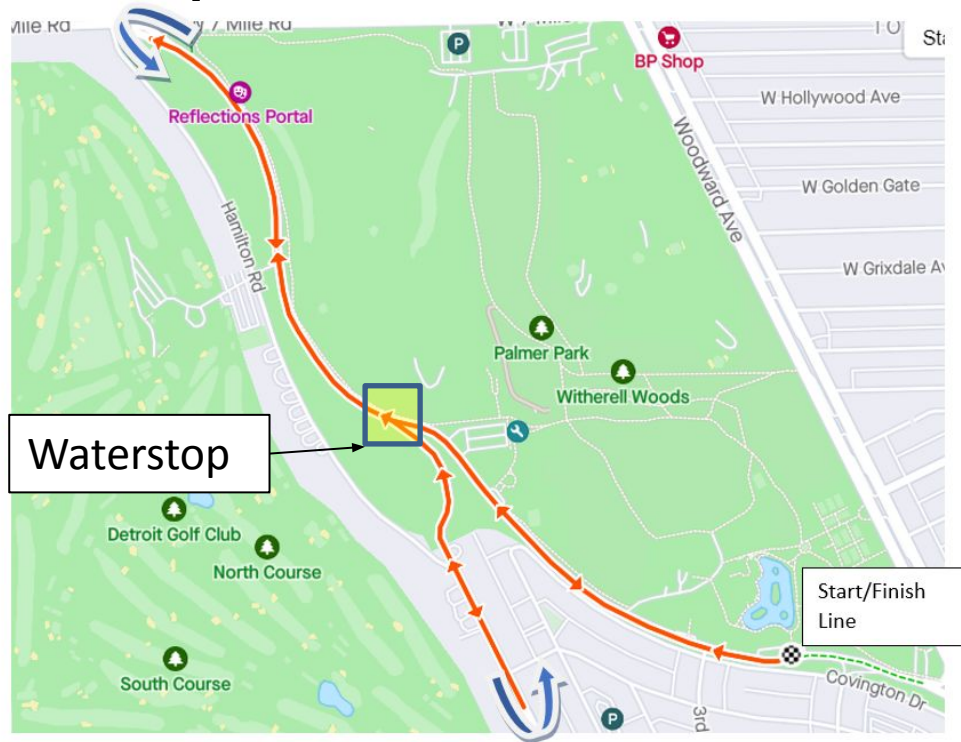
This year's course is a USATF Certified 5k!

This is a gorgeous run through the Palmer Park area. The race is not only beautiful, but it is FAST with a total of 17 feet of elevation gain!



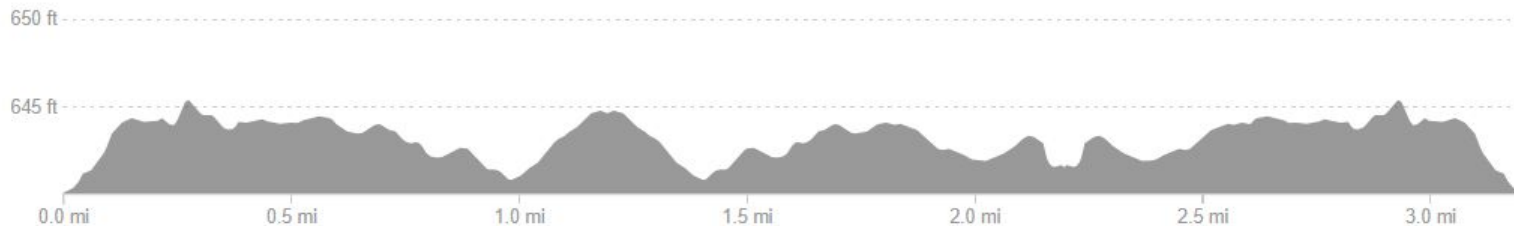
Waterstops

Athletes will come upon ice cold water at Mile 0.6 and Mile 1.8



Elevation Chart

This is a very flat course with no noticeable uphill inclines while running. You will fly on this course!!



Awards Categories

- Awards will be given to the top 3 overall male, female and 1 non-binary finishers.
- Awards will also be given to the top 3 males and females in the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
- Awards not picked up on race day will be subject to a \$10 shipping fee. Awards will only be mailed 2 weeks from the event date.

The Swag



Run the 313 is Part of the MI Mega Medal Series

