



Lilac Run 5K & 10K

Dunkin' Dash

Presented by Louis S. Wolk JCC Rochester

Participant Guide

Sunday, May 21st

5K starts at 8AM

10K starts at 9:30AM

Dunkin' Dash starts at 11:30AM



Packet Pick Up Dates & Location:

Dates:

- Friday, May 19th 10am – 7pm
- Saturday, May 20th 10am – 5pm

Location: Medved Running & Walking Outfitters located at [3400 Monroe Ave, Rochester, NY 14618](https://www.medvedrunning.com/).

Date:

- Race Morning - Sunday, May 21st 7am – 11:15am

Location: Big Top Food Tent in the Lilac Festival at Highland Park (see event map) – here is the specific [google map link](#) of where to go in the festival.

**** Please try and pick up your race packet prior to race morning. If you ordered from the Lilac Store during registration you will get those items at packet pick up as well****

Packet pick up is for EVERYONE– in person 5K & 10K participants as well as virtual participants (unless you selected to have it shipped during registration) and the Dunkin' Dash.

FAQ:

Q: Can I pick up someone else's bib?

A: Yes, you may pick up other's bib

Q: Can I switch my giveaway size?

A: No, shirts were ordered based off of the size you indicated during your registration. You may stop back after the race to see what sizes we have left and potentially swap.

Q: Can I switch races?

A: Yes, if you need to switch your race, please communicate with the race staff so they can make the change for you.

Q: At registration I didn't get a shirt, why?

A: The guaranteed t-shirt date was April 30th. We did order additional shirts but once those were claimed during registration, no shirts were available.

Q: I upgraded to the crewneck option. Do I get a t-shirt and crewneck?

A: No, you will just get the upgrade item of the crewneck

Q: I ordered merchandise from the Lilac store, when do I get those items?

A: At packet pick up, make sure to ask about it when you come!

Q: I signed up to do the 5K and the 10K do I use the same bib?

A: Yes! You will wear the one bib you are given the whole time. **You will want to pick up your bib in the 10K line at packet pick up.** At the finish line please only collect one medal with your registration.

Event Parking Locations:

Public parking is located throughout the Highland Neighborhood but there are also dedicated parking lots at the festival. These lots however, are weather dependent on if they are open or not. If there is significant rain and the ground is too wet and soft these lots will not be open. Here are the following festival lots:

South Ave— this is **only for VIP** participants, you will get a separate email with more information – [google map link](#).

Old Psychiatric building lot (free) – enter the lot from Elmwood Ave – [google map link](#)

Elmwood Ave lot (\$) - enter the lot from Elmwood. This lot is weather dependent – if we get rain it may be closed – there is a small charge – [google map link](#).

Al Sigl lot (\$) – Al Sigl lot is available but there is a small charge to park there – [google map link](#).



****Please plan enough time in the morning to plan for parking and get to the start of the event in time**

Event Day Tips:

- Give yourself enough time
- Don't forget your bib!
- Hydrate
- Have fun!

Race Day Map:

Here is a layout of the festival and specifically where race events are happening

IN THE FESTIVAL:


- **Packet Pick Up** – inside of the “Big Top Food Tent” aka the massive tent on the hill with all the food vendors inside of it
- **Start & Finish Line** – On Highland Ave near St. Johns.
- **Health and Wellness Expo** – see below



IN HEALTH & WELLNESS EXPO:

- **VIP tent** – VIP participants report here
- **Awards** – there will be no award ceremony this year. Those that win an award can come to this tent to claim their award. Results will be posted in the expo.
- **Post Race Food, Dunkin' truck & Pancake Breakfast** – Snacks from Whole Foods, Top Seedz and Over Easy will be provided along with fruit and Spindrift sparkling water while supplies last **The Dunkin' truck with coffee and donuts will be in the expo as well! Make sure to hit this spot up!

****Follow the purple arrows on the walkways from the two access points on Highland Ave to the Health & Wellness Expo**

 *****This indicates the entrances into the park! Please be aware that the rest of the event is barricade off and there are set entrances when planning out your morning.**



Course Map:

Course routes can be found [here](#). The start and finish line for all three events is on Highland Ave just east of St. John's Home.

- [5K Course Map](#)
- [10K Course Map](#)
- [Dunkin' Dash](#)

Follow the directional signs and listen to the road marshals on course!

IMPORTANT INFORMATION:

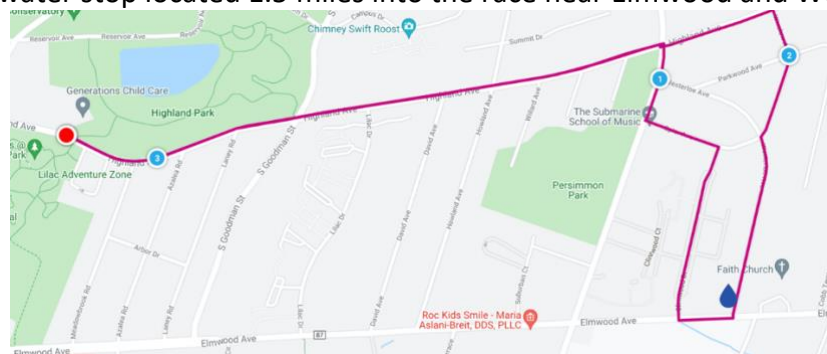
The same start/finish is used for all three events therefore:

- **5K PARTICIPANTS:** You have a time cut off to complete the race in an 1 hour and 20 minutes before the 10K begins promptly at 9:30am.
- **10K PARTICIPANTS** - The 5K will be finishing into the same chute as the start line. Please do not line up and gather into the starting area until right before the race begins. We will announce when it is safe to move into the chute.
- **DUNKIN' DASH PARTICIPANTS:** The dash will begin right after the final 10K participant finishes, with an estimated start of 11:30AM.

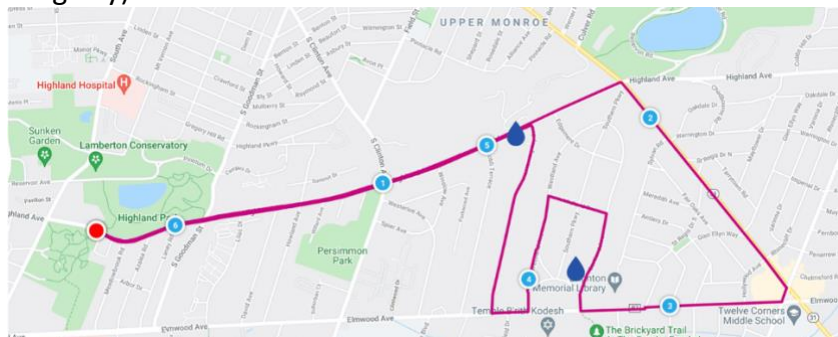
**** Although it is a tad confusing you will line up on the side of the start/finish line that says **FINISH**, which is the west side of the truss, NOT the side that says START. Reason for that is when you run under it for photographers capture the appropriate word.**

Water Stops:

5K route: There is one water stop located 1.5 miles into the race near Elmwood and Westerloe Ave.



10K route: There are three water stops on course. One of the stops you will hit on the way out and your way back to the finish line. Water stops are located at mile 1.5 (Highland and Hemmingway), 3.5 (Eastland Ave) & 4.8 (Highland and Hemmingway).



Post-Race Festivities:

Enjoy post-race food from our sponsors Top Seedz, Whole Foods, Over Easy and Dunkin' along with an assortment of fruit and Spindrift while supplies last. Post-race food can be found in the **Health & Wellness Expo**. Wildbyrd Productions will be spinning some sweet tracks and party music to enjoy after as well. To get to the Health & Wellness Expo follow the purple arrows (pictured here) from the entry points off of Highland to the Expo!

**Pancake Breakfast:**

If you registered to get pancakes with the event, they will be available by the post-race food. All VIP participants get the breakfast along with those that signed up for it during registration (it will be indicated on your race bib). If you did not and would still like to have pancakes that morning, there will be a limited amount available for purchase.

Race Awards:

**There is no award ceremony this year for the race. Race results will be post in the Health & Wellness Expo when available and a QR code will be available to scan for results. Results can be found on the [RESULTS](#) tab of the Lilac Run Runsignup page. If you have won and award you can head to the awards tent to pick up your prize.

Race prizes will be given to the top three overall male and female winners in each race. Overall winners will receive a gift card to Medved Running & Walking Outfitters in the following increments: 1st place: \$50, 2nd place: \$40 and 3rd place: \$30.

The following award (a Medved Running & Walking Outfitters gift card) will be given to both male and female age group winners: 1st place: \$20, 2nd place: \$15 and 3rd place: \$10.

Age groups:

14 & under, 15 – 19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 70, 70 & over.

If you are not present to pick up your award, you have until June 4th to stop into Medved Running & Walking Outfitters to claim your prize.

USATF Niagara 10K Open/Master Association Championships:

The Lilac Run is also hosting the 2023 USATF Niagara 10K Open/Master Association Championships. With the race being designated the 10K championships, this also includes being a part of the 2023 USATF Niagara Runner of the Year Series and the USATF Niagara Team Grand Prix Series.

10K Championship Awards for USATF members is as follows: The overall Male and Female will receive 1st place - \$750, 2nd place - \$500 and 3rd place - \$250. The Overall Male and Female in Master's will each win \$100.

Dunkin Dash:

The Dunkin Dash will begin roughly at 11:30AM at the start/finish line located on Highland Ave. Please check in at the big top food tent by 11:15AM to receive your t-shirt if you selected one when registering (t-shirt guarantee date was May 5th) or go to packet pick up at Medved Running and Walking Outfitters on Friday or Saturday to pick up your shirt (no bib with dash – only shirt). When arriving at packet pick up please state that you are with the Dunkin' Dash so the volunteers know to check that list. Participants will run a half mile down Highland Ave, grab a donut, and then turn around and run back. A fun, family event for everyone to enjoy!

VIP:

Those that signed up for VIP it will be indicated on your race bib. A separate email will be sent you with VIP logistics and information on parking. The VIP area will be located within the Health & Wellness Expo at the festival where you will enjoy a private porta pot, a place to store your items, and your pancake breakfast!

Virtual Participants:

Please make sure to enter your virtual time once you have completed the event. You have until the end of the day on May 21st to do so. Here is the link with information on how to submit results >> [Click here.](#)

****If you did not choose to have your items shipped to you when registering, please make sure to swing by Medved to grab your items during the set packet pick up times. When you arrive make sure to state that you are with the Virtual Race.**

The Health & Wellness Expo

Last year was the first year of the Health & Wellness Expo! This year we have moved into the park and will be open for you to enjoy after the race. The expo will be open **Saturday, May 20th from 9am to 7pm** and **Sunday, May 21st from 8:30am to 6pm.**

The expo will feature a variety of vendors that focus on health specific products services. Learn more about the expo and vendors attending >>> [HERE!](#)

The Lilac SPEAKER SERIES presented by Angels In Your Home

The Lilac Festival Health & Wellness Speaker Series features a diverse range of experts and professionals from the health & wellness industry. The series aims to educate, inspire and motivate attendees to adopt healthier lifestyles and make positive changes in their lives. The speakers cover a variety of topics, such as nutrition, exercise, mental health and overall well-being. Speaker series is FREE to attend!

The speaker series runs Saturday, May 20th from 11am – 5pm and Sunday, May 21st from noon – 6pm. Learn more about the speakers and topics >>> [HERE!](#)



UNITED HEALTHCARE FLOWER FITNESS ZONE:

On Saturday, May 20 and Sunday, May 21 from 8am – 11:30am, enjoy two mornings of FREE fitness classes in front of the Lilac Main Stage!! Here is the schedule! Make sure to bring a mat and water bottle! Learn more >>> [HERE!](#)

<div><div>FLOWER FITNESS ZONE SATURDAY, MAY 20</div><div><div>8^{AM}</div><div>ACTIVE YOGA YMCA</div></div><div><div>9^{AM}</div><div>PILATES M/BODY</div></div><div><div>10^{AM}</div><div>ZUMBA JCC OF ROCHESTER</div></div><div><div>11^{AM}</div><div>BOOTCAMP: ABS & BUTT SPOKE</div></div></div> <div>FREE FITNESS LOCATED AT THE LILAC MAIN STAGE</div>	<div><div>FLOWER FITNESS ZONE SUNDAY, MAY 21</div><div><div>8^{AM}</div><div>TRAIN DIRTY M/BODY</div></div><div><div>9^{AM}</div><div>SPORTS DRILLS ROCCITY GAEILC SPORTS</div></div><div><div>10^{AM}</div><div>BODYCOMBAT YMCA</div></div><div><div>11^{AM}</div><div>BOXING & CONDITIONING QUE FITNESS</div></div></div> <div>FREE FITNESS LOCATED AT THE LILAC MAIN STAGE</div>
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