



PRESENTED BY

Wegmans



ROCHESTER
REGIONAL HEALTH

LEWIS

PARTICIPANT GUIDE

SEPTEMBER 13, 2026 – 10 AM

STEWART LODGE @ MENDON PONDS PARK

Welcome & Thank You!

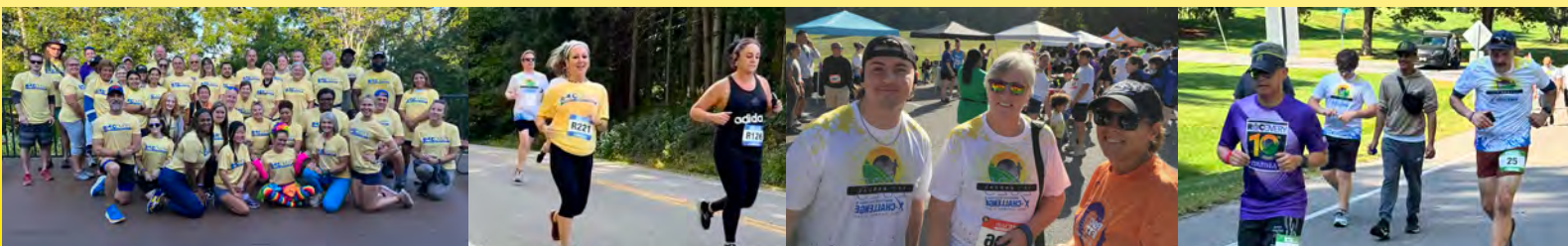
Welcome and thank you for being a part of ROCovery's 12th Annual Run/Walk and X-Challenge presented by Wegmans, A Better High, Owen's Point, Lewis Tree and Rochester Regional Health.

It is a true celebration of fitness and recovery, and an important fundraiser for this life saving organization.

Whether you enjoy the asphalt pounding tempo of a good road race, the serenity and technical aspects of a trail run OR the novelty and challenge of an obstacle course, this race has a little bit of something for everyone—even if you just want to gather the crew together for a nice stroll through the park with hundreds of others to celebrate the hope we all find in recovery. Your participation and support is helping to raise awareness and provide hope in recovery to thousands living in our community and their families who are battling addiction.

We hope to answer any questions you may have prior to the event in this Participant Guide. If however, you still have questions after reading the guide in its entirety, please don't hesitate to send us an e-mail at contact@rocoveryny.org or call us at 585-484-0234.

Thank you!



General Info

PACKET PICK-UP DAYS & TIMES

- Thursday, 9/10, 4pm to 7pm, at ROCovery
- Friday, 9/11, 9am to 12pm, at ROCovery
- Saturday, 9/12, 9am to 12pm, at ROCovery
- Sunday, 9/13, starting at 8:30am to 9:45am, at Mendon

We **STRONGLY encourage all participants to pick up race packets prior to the event, as waiting for race day pick-up can cause long lines and lengthy delays. Teams/group can also designate a single member to pick-up packets for all team/group members.*

***Virtual Participants packets will be sent out via USPS mail the week of 9/7/26 (unless you would prefer to pick them up, please request that via email prior to 9/7/26: contact@rocoveryny.org)*

RACE DAY TIMELINE

Sunday (Race Day), September 13 @ Mendon Ponds Park, Stewart Lodge

8:30 AM - Race day registration and packet pick-up tables open

9:00 AM - Merchandise tables and exhibitor area open

9:45 AM - Opening remarks and general announcements

**Douglas & Pond Roads close at 9:45 AM and will remain closed until most runners have finished. Please plan accordingly.*

10:00 AM - 10k Race begins!

10:10 AM - 5k races (Road, Trail & X-Challenge) begin! Have fun and don't forget to SMILE!!!



General Info (Continued)

#connection

EVENT PARKING

The primary parking area for the event is located at the Canfieldwoods Shelter parking lot (also known as the "Beach" parking lot). Once the lot becomes full, you may park along the sides of the roads leading into and out of the parking lot. There is NO ROADSIDE PARKING along Douglas Rd.

EVENT EXHIBITORS

You will be allowed to drive down the access road (Up until 8:15 AM) to Stewart Lodge to drop off your exhibiting materials. We ask that you move your vehicle to the main parking area before setting up.

***Exhibitors are responsible for bringing their own table & chairs and any other exhibiting materials.**



**Douglas & Pond Roads close at 9:45 AM and will remain closed until most runners have finished. Please plan accordingly.*



General Info (Continued)

RACE DAY REGISTRATION & PACKET PICK-UP

Our friends from Rochester Running Company will be handling any last minute race day registrations that may need to take place at the event itself. Located nearby will also be the race day packet pick-up station for any participants who are already registered, but were not able to make it to one of our pre-race packet pick-up events. Please follow the signage or ask a volunteer (bright yellow race shirts with “#SQUAD” on the back) to point out the appropriate table/area for your specific need.

SPONSOR/EXHIBITOR AREA & TABLES

There will be many community partners exhibiting in the parking area around Stewart Lodge on race day. Please feel free to visit the exhibition area prior to and/or after the race. If you are a sponsor or exhibitor that has indicated that you would like to table at our event, you may bring your table, chairs and any other materials you would like directly to Stewart Lodge and be fully set up BEFORE 8:30 AM on race day.

THE SPIRIT AWARDS!

THEY'RE BACK!!! The Spirit Committee has organized fun categories for participants, with gift baskets as prizes—featuring brand new merchandise, vintage items, and other goodies.

This year's categories include:

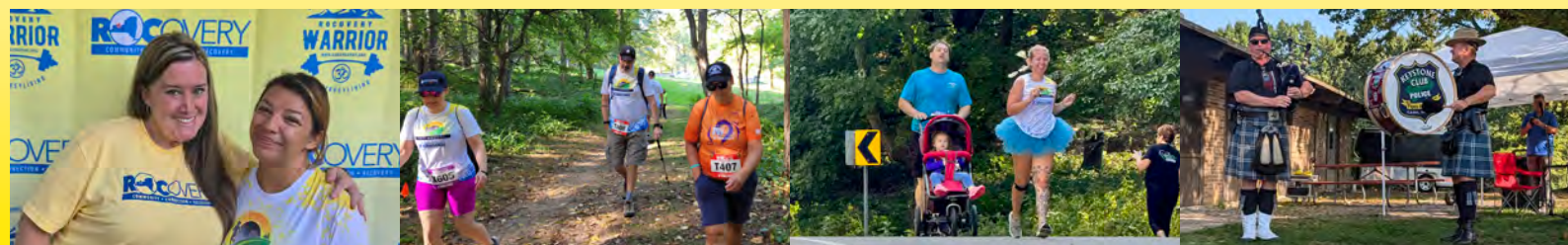
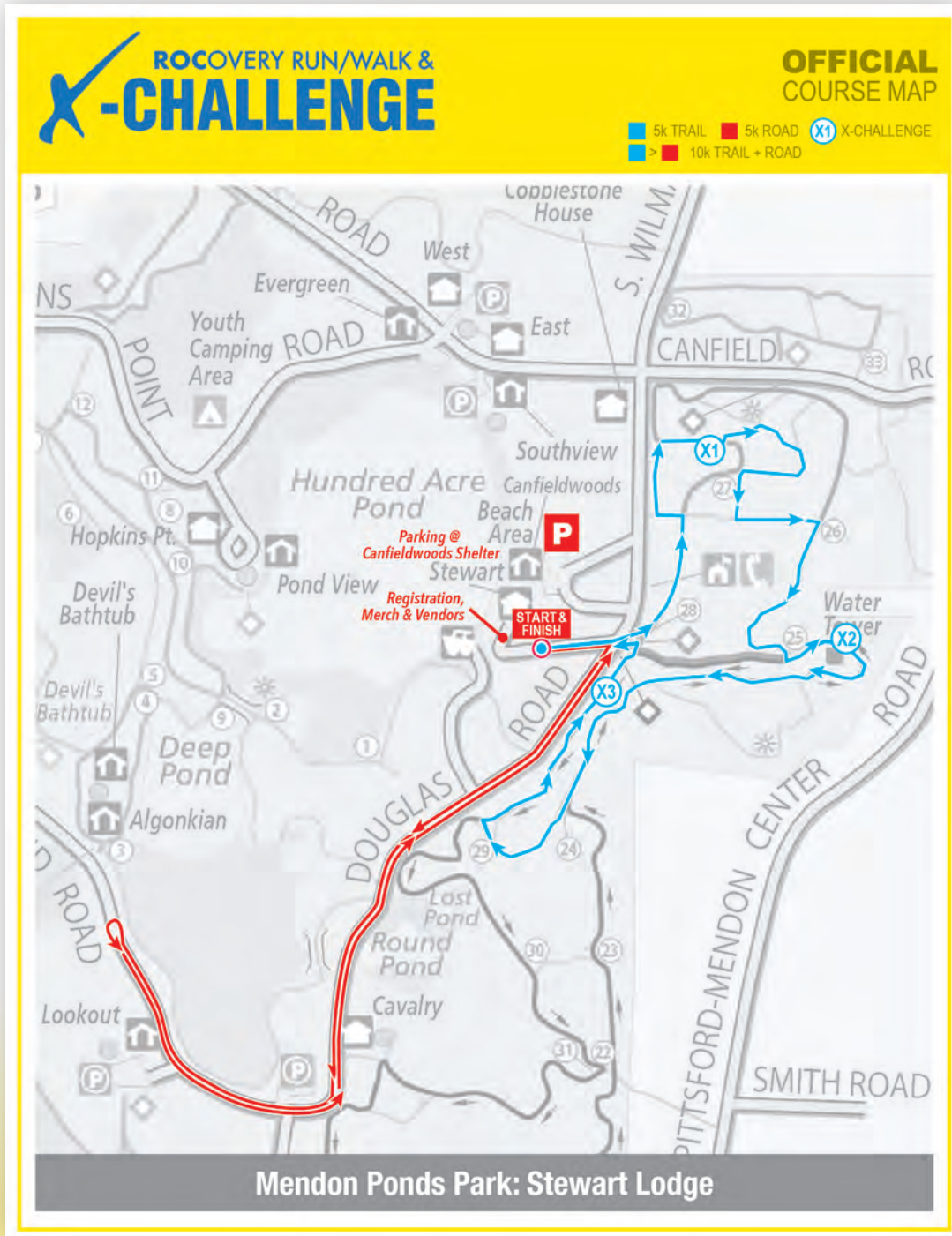
- Best Socks
- Most Trash Collected
- Most Dramatic Finish
- Best Group Costume
- Most Decorated Stroller or Wagon
- Most Enthusiastic Volunteer

Show your creativity, energy, and spirit while supporting a great cause!



#community

General Info (Continued)



General Info (Continued)

THE 10k RACE COURSE

ALL: **Start line** located at Stewart Lodge access road. **Race Start Time - 10:00 am**

START WITH TRAIL COURSE: After the first, approximately 1/10 mile running toward Douglas Rd, you will turn **LEFT** and head toward the chain link fenced gate on the water tower service (dirt) road. Follow the flags marking the course, keeping them on your right. Three closely spaced flags signal an upcoming turn. At the turn, you'll see two flags placed close together, followed by a single flag indicating the direction to continue. At the end of the trail, there will be an aid station and volunteers to assist and direct you. When you exit the trail, turn **LEFT** onto Douglas Rd and begin the... **ROAD COURSE:** Follow the course along Douglas Rd—aside from some rolling hills and slight twists and bends in the road, you will stay on the main road (which will be closed to traffic for the race) until you get to the turn around point, where there will be volunteers and a water station. Follow the road course back to the Stewart Lodge access road where you will turn **LEFT** and head toward the finish line.

ALL: **Finish line** on Stewart Lodge access road off of Douglas Road (Next to Stewart Lodge).

THE 5k RACE COURSE(S)

ALL: **Start line** located at Stewart Lodge access road. **Race Start Time - 10:10 am**

TRAIL COURSE (Includes X-Challenge): After the first, approximately 1/10 mile running toward Douglas Rd, you will turn **LEFT** and head toward the chain link fenced gate on the water tower service (dirt) road. Follow the flags marking the course, keeping them on your right. Three closely spaced flags signal an upcoming turn. At the turn, you'll see two flags placed close together, followed by a single flag indicating the direction to continue. At the end of the trail, there will be an aid station and volunteers to assist and direct you. When you exit the trail, turn **LEFT** onto Douglas Rd, crossing the road and head back down the Stewart Lodge access road to the finish line. X-Challenge racers: be sure to stop at each of the 3 X-Challenge stations to perform the required number of repetitions of each exercise (will be announced prior to the race, if unsure ask the judges at each station).

ROAD COURSE: Follow the course along Douglas Rd—aside from some rolling hills and slight twists and bends in the road, you will stay on the main road (which will be closed to traffic for the race) until you get to the turn around point, where there will be volunteers and a water station. Follow the road course back to the Stewart Lodge access road where you will turn **LEFT** and head toward the finish line.

ALL: **Finish line** on Stewart Lodge access road off of Douglas Road (Next to Stewart Lodge).

#strongertogether



A VERY SPECIAL THANK YOU TO

Our Sponsors!

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We Are Truly #StrongerTogether



AND A VERY HEART-FELT THANKS TO

Our Volunteers!

Without whom, NONE of the past 11+ years would've been possible.



Just SOME of our 2025 event volunteer crew!

Also, a GREAT BIG shoutout to this year's planning committee, ROCoverly staff and our incredible Board of Directors!

ALSO Jonathan Griffiths and the WHOLE crew at Rochester Running Co. for all of your expertise and support over the years making it look like we know what we're doing! You guys ROC!



#hopeinliveshere

FAQs

Q: Do I have to run?

A: Only if you want to! Lots of people choose to walk the courses with family, friends and loved ones. We are happy to have you with us and honor you for doing what feels right for you.

Q: Can I bring my dog?

A: Mendon Ponds Park is a public use park where leashed dogs are allowed, we only ask that you keep your well-behaved dog on a leash and start at or toward the back of the pack to begin your run/walk. Some other event attendees may have past traumatic experiences with dogs, and we want to be sensitive to that. If your dog becomes aggressive or disruptive to the event in any way, we ask that you be respectful and remove them promptly.

Q: What if I'm late? Can I do the race by myself? Can I get my packet after?

A: Check in with someone from RRC or someone wearing a ROCoverY "#SQUAD" t-shirt. There is also a virtual option where you can run any route at any time. After the run (Until 9/31/26), any race packets that were not picked up will be available for pick up during open gym time at ROCoverY, 1035 Dewey Ave, Rochester, NY 14613. Monday through Thursday 8am – 7pm. Friday and Saturday 8am – 1pm. **Douglas & Pond Roads close at 9:45 AM and will remain closed until most runners have finished. Please plan accordingly.*

Q: Will there be awards for top finishers?

A: Instead of top finishers, we are doing "Spirit Awards." Our Spirit Committee will pick the winners. The categories include: Best Socks, Most Trash Collected, Most Dramatic Finish, Best Group Costume, Most Decorated Stroller or Wagon, Most Enthusiastic Volunteer. See our Spirit Committee judges at the finish line to see if you've won your category.

Continued...



#soberlivingthroughfitness

FAQs (Continued)

Q: My shirt is the wrong size, what do I do?

A: Regardless of the reason for this mix-up, you can arrange for a T-Shirt exchange by sending an email to contact@rocoveryny.org or on race day by visiting the merchandise area or packet pickup area to request an exchange (if available).

Q: How do I enter my virtual race results?

A: Simply visit the Run Sign Up race page (runsignup.com/Race/NY/Henrietta/ROCoveryFitnessAnnual5kRunWalkXChallenge) and go to the "results" page (drop-down menu under "more") and at the top of the page, you will see a button/link to "submit virtual results". This link will remain active for one week beyond the race.

Q: What if I can't complete the X-Challenge?

A: Modify the movement to what works for you or maybe cheer other people on while they pushup/squat/burpee. The important thing is that you showed up and gave your best effort.

Q: I'm a virtual participant, how do I get my swag?

A: It will be mailed via USPS to the address you registered for the run with the week of 9/7/26.
*Your packet may arrive after 9/13/26.

Q: When I registered, my T-shirt size was out of stock. How will I get my race shirt?

A: Unfortunately due to the process used for this year's shirts, the order had to be made well in advance of the event, taking much more time to prepare and produce. We may not be able to get a second printing without incurring substantial costs. Please reach out to us to see if any shirts were left over or not picked up after the race is completed.

If you still have questions that have not been answered after reviewing this guide, please contact us either by email at contact@rocoveryny.org (preferred) or by phone at 585-484-0234 and we will respond at our earliest possible convenience. Thank you! We look forward to seeing your face on September 13th!



#getbousyliving