



# Groundhog Day Indoor 5K Race Instructions

## Welcome and Thank You

We are excited to see you at the Groundhog Day Indoor 5K on Friday, January 30<sup>th</sup>. Remember, there are NO overall or age group awards at this event. We will however post results throughout the event so you can see how you did each lap and within your typical Age Group. The intent of the event is to give you a chance to run indoors!

The Run to You Racing Team



## Race Week Schedule

Race Week starts with PACKET PICKUP on Wednesday, January 28th at the Bulldog Activity Center in Downtown Canton. The address is 521 Tuscarawas St W, Canton, OH 44702 and the entrance is on the other side of the building along 4<sup>th</sup> St NW. We will be there from 6:00pm until 7:00pm during the Second Sole Group Run. You may pick up your event shirt and race bib at that time. You may have a friend pick up your items for you!

Packet pickup continues / starts Race Night, Friday, January 30th at the Bulldog Activity Center beginning at 5:30pm. We recommend that you arrive 30 minutes BEFORE your START TIME. This will allow you to warm up and get a feel for the facility before your race start. There are plenty of places to store your coats, gear, etc.

## Race Night

We will be running FOUR HEATS. Each HEAT contains runners of Similar Estimated Finish Times. The goal here is to do our best to keep a steady moving flow around the track with the LEAST AMOUNT of lapping. Remember you are running FOR YOU and no one else. HEATS have been arranged to maximize the rental time that we have at the facility.

## HEAT Start Times

Below is the list of Start Times for each HEAT. It is important that you start with your assigned HEAT.

HEAT1 – 6:30 PM (Estimated Finish Times between 15:00 and 22:00)

HEAT2 – 7:00 PM (Estimated Finish Times between 22:01 and 25:59)

HEAT3 – 7:35 PM (Estimated Finish Times between 26:00 and 32:59)

HEAT4 – 8:15 PM (Estimated Finish Times over 33:00)

Remember to allow yourself enough time to arrive, use the restroom, and check in

## Race FORMAT / The TRACK

You will be running around a 200-meter track. This means you need to complete 25 laps. Most of you will not run exactly in Lane 1, so you may end up going a pinch longer than 5000 meters (5K). We will keep track of your laps BUT we HIGHLY RECOMMEND that you keep track as well. You can do this by pressing the LAP button on your watch. The clock will also be visible. We will do our best to shout out when you hit the ONE MILE MARK, the TWO MILE MARK, and the THREE MILE MILE / ONE LAP TO GO.



## Getting Here / Parking

The address is 521 Tuscarawas St W, Canton, OH 44702 and the entrance is on the other side of the building along 4<sup>th</sup> St NW. We recommend entering and parking BEHIND the school off of 4<sup>th</sup> St NW.

## Rules to Follow

We will be running on an indoor track. There are 6 lanes. We will utilize lanes 1 through 4 for the race and lanes 5 and 6 to warm up / cool down. Your timing tag in your bib will only be active during your heat, so don't worry about setting off the timing system. Runners who pass other runners need to pass ON THE RIGHT. We recommend passing people on the straight sections which will minimize the extra distance you may run. Should you need to walk at any point, please move out to lane 3 or 4 to allow the runners to pass.

Please be courteous and respectful to all participants. Remember that this is for FUN.

## Thank You

We appreciate your participation and support. Please direct any questions to Jim – [jchaney@runtoyouracing.com](mailto:jchaney@runtoyouracing.com)