

RUNNER'S GUIDE? NO ONE READS THE RUNNER'S GUIDE!

THE RACE IS AN OUT-AND-BACK 5K, WHICH STARTS AT 8:30AM AT

Northeast SkateZone, 10990 Decatur Rd Philadelphia, PA US 19154 .

The course runs along the bike path adjacent to Decatur Road, Red Lion Road, through the 8th District Police Station Parking lot (please be aware of the possibility of fast moving vehicles in the Police lot, and Academy Road.

The turn around is at Avalon Street along Academy Road.

PLEASE REMEMBER THERE WILL BE TWO WAY TRAFFIC ON THE PATH and there may be other users of the path.

THANK YOU TO SKATEZONE AND PHL FOR ALLOWING US TO USE THIS COURSE and Philadelphia Soccer Club

Packet Pick-Up and Late Registration beings at 7:30AM outside Northeast SkateZone. Due to unplanned maintenance issues SKATEZONE is not currently open. No indoor facilities are available.

Not So Portable Toilets there are toilet units on the Philadelphia Soccer Fields which are about 880 yards in to the course. Feel free to drive down to that stretch of Decatur Road to get there and then return to SkateZone

MUGS all entrants should receive the original soup mug and spoon from the February race date

MEDALS: In keeping with the tradition of races at this location we'll be giving out a themed medal, but it will not be the same boring traditional race finisher medal.

Gridiron Themed Awards for the top three men and women overall and in these age groups:
19 & Under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ Women, 60-69 Men, 70+ Men

RESULTS and PHOTOS WILL BE AVAILABLE AT THE REGISTRATION SITE www.SouperBowl5K.com BEFORE THE TIMER LEAVES THE RACE SITE.

The event benefits
Kyle Ambroggi Foundation
American Foundation for Suicide Prevention
MANNA in memory of Pierre Robert



runBUCKS lost a great friend and huge supporter last October.
We remember Pierre Robert for the kind, joyful, supportive, loving and calming force that he was.

BE MORE PIERRE



THE START & FINISH



HYDRATION & ONE MILE AND TWO MILE MARKS



POLICE STATION



TURN AROUND

This is the most personal event which I work. I've lost some very important people in my life due to the darkness.

One of our biggest supporters, Todd Search, will not be with us due to his own struggles. At the start, I'll be wearing the bathrobe in his memory.

I've always said at the start of these events:

“Please tell the important people in your life that they are. And that they can always reach out to you whenever they need you”



The race bib for this event is a little different than other races. 988 is the 988 Suicide & Crisis Lifeline is a support helpline for people experiencing mental health or substance use emergencies. People can call (or text or chat) 9-8-8 to talk and to connect with services. Please wear your bib on the front of your body in the horizontal position (not sideways) and remember this number should you or a loved one need help. The small square should include a number that matches the chip number on the back. Please let someone at registration know if it does not.



**THANK YOU FOR YOUR SUPPORT AND UNDERSTANDING FOR THIS EVENT AND ITS CAUSES
SOMETIMES YOU HAVE NO IDEA THE DIFFERENCE YOU MAKE IN SOMEONE'S LIFE**



WE DO HAVE A FEW OF THE NEW REVERSIBLE, SUBLIMATED CRACKEDBELL HEADBANDS
AVAILABLE FOR SALE AT REGISTRATION IN MEMORY OF PIERRE ROBERT.
SALES FROM THE SALE OF THIS DESIGN WILL BE SPLIT AMONG THE CHARITY PARTNERS. \$18.



CRACKED BELLY
WE MAKE FUN

TOILET LOCATION



Northeast Skate Zone

START FINISH >

3 MILE MARK >

Playground

HUGE THANKS TO:



PHILADELPHIA SOCCER CLUB