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andrea**rose**teodosio
FOUNDATION

DOWNTOWN AKRON
SATURDAY, JULY 8TH
5K RUN / WALK

FINAL RUNNER INSTRUCTIONS

Welcome to the Andrea Rose Teodosio 5K. We hope you have a great time at the event. We appreciate your support and look forward to seeing you this weekend!



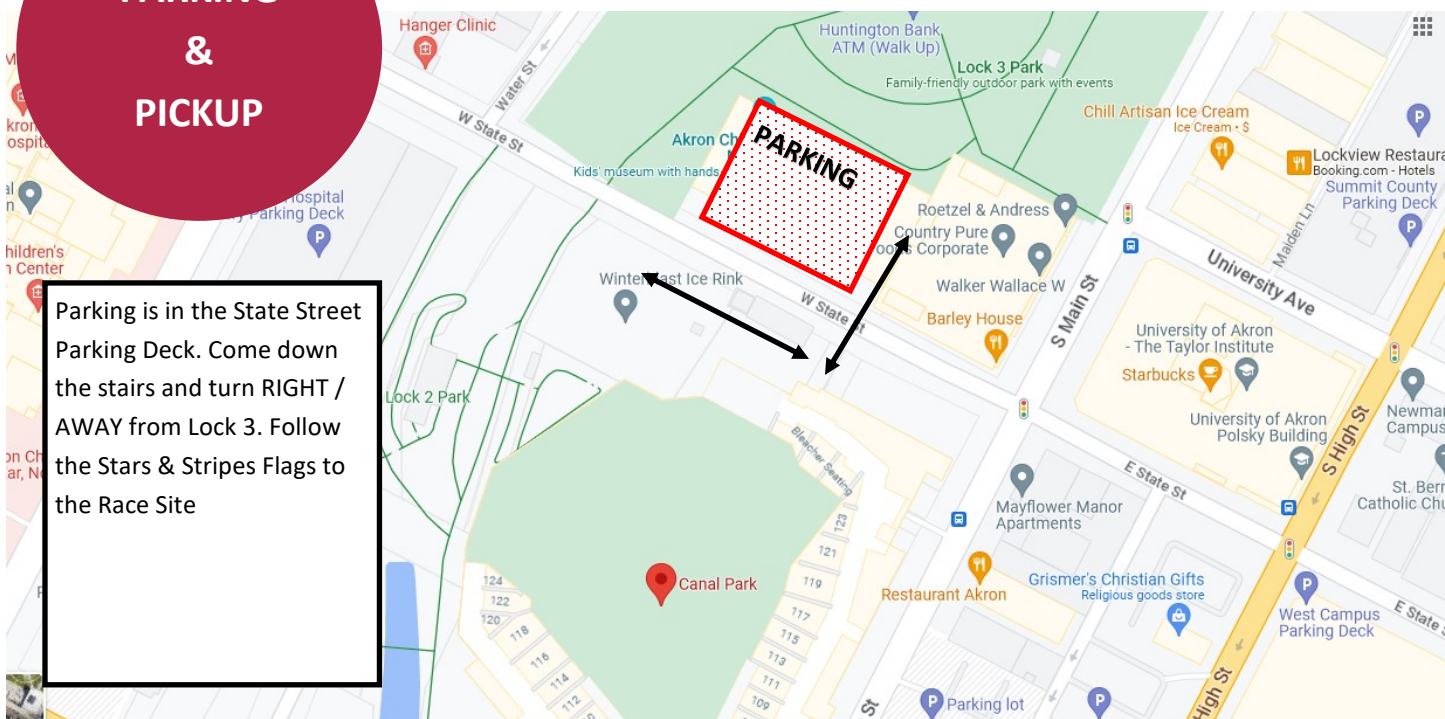


GETTING TO THE RACE

The start is in front of and the finish is behind Canal Park, located at 300 S Main St, Akron OH 44308. Packet Pickup is next to the Finish Line at the modified Lock 3 area on the WEST side of the State Street Parking Deck.

PARKING & PICKUP

Parking is in the State Street Parking Deck. Come down the stairs and turn RIGHT / AWAY from Lock 3. Follow the Stars & Stripes Flags to the Race Site



POST RACE PARTY

Please join us at Missing Mountain Brewery at 2811 Front Street for the post-party! The brewery will be opening at 10 am for us on July 8th.



Course starts on S Main St and heads NORTH to the Mill St roundabout. Runners turn BEFORE the roundabout and head SOUTH on S Main to Bartges. Next WEST on Bartges to La Salle (closest to Dart). Next East on Bartges to the Towpath entrance. Take Towpath SOUTH, cross bridge, run NORTH to Finish Line behind Temporary Lock 3 Festival Site.





PACKET PICKUP

- Friday, July 7th from 11am to 6pm at THE RACE SITE, behind Canal Park / Next to Lock 3. Follow the Stars & Stripes Flags from the State Street Parking Deck. Please pick up in advance to keep the lines short on race morning.
- Saturday, July 8th from 6:30am to 7:50am at THE RACE SITE. Please arrive EARLY.

RACE DETAILS

- Start Line is on S Main Street. Look for the Start Line Tower. You will get a CHIP time from the moment you cross the starting line until you cross the finish line.
- Turn signs / mile markers will be placed along the route. We are starting at 8:00am.
- Finish Line is on the Towpath behind Lock 3. Once you see the Ballpark on your right...KICK IT IN!

AWARDS / POST-RACE EVENTS

- You will receive your post-race drinks / food after the finish line. Please dispose of your trash in the trash cans.
- Awards for the Top Runners Overall and in the Age Groups will begin at 9:10am. ***Please stick around for those awards. You must be present to receive your award.*** Special Awards will be presented to every 35th finisher in honor of Andrea's 35th Birthday. REMEMBER! There is a \$50 Cash Award if you break the course records: Men - 15:40 (Chris Alto 2012) and Women - 17:06 (Becki Spellman 2013)
- Please join us at Missing Mountain Brewery at 2811 Front Street for the post-party! The brewery will be opening at 10 am for us on July 8th.
- Results and Photos can be found at www.cantonruns.com
- Please contact Jim - jchaney@runtoyourracing.com with any specific questions you may have.