

BUCKS COUNTY ROAD RUNNERS THANKSGIVING DAY 5 MILER & ONE MILE FUN RUN

## RUNNERS GUIDE

**RACE DATE:** The 27<sup>th</sup> Annual Customers Bank Bucks County Roadrunners Club Thanksgiving Day 5 Miler & One Mile Fun Run / Walk takes place on Thursday morning, November 24, 2016. The 5 Miler starts at 9AM. The Fun Run stars at about 9:05 (enough time for the last 5 Miler participants to move beyond the half mile mark before the first fun runners get there) The One Mile will be chip timed this year.

**PARKING** Please pay attention to the parking volunteers. If you park in the lot beyond registration and the finish line you can exit during the race to Summit Trace and proceed to east or west bound Route 413.





**RACE MORNING PACKET PICK-UP** Race Day Registration and Packet Pick-Up will be located in the Customers Bank Offices (not the branch), located on the second floor of the building that Mt Fuji, right behind the start finish line. Entry to registration is located on the side of the building immediately off the start finish area. Entry and exit will be up a flight of stairs. Please look for direction signs. Due to the large turn out for this event we need you to immediately vacate the registration area after receiving your packet

## **PACKET PICK-UP AND LATE REG OPEN AT 7:45AM**

Late Registration is \$40 for the 5 Miler and \$20 for the fun run

**BIBS** runBucks uses ChronoTrack B tag timing. The chip is located on the back of your bib. Do not fold the bib, and please pin it to the front of your body (where it will be visible). There is no need to return the chip.







Your Timing Device for this event is the ChronoTrack B-Tag:
A single use bib tag.

In order to receive an accurate time, please confirm your bib is...

- Clearly visible on the front of the torso
- Unaltered and unmodified (Do not fold or wrinkle)
  - Pinned in all four corners
- Not covered (jackets, runner belts, water bottles, etc.)

MAKE SURE YOUR BIB INCLUDES A TAG WITH INFORMATION FILLED IN AND KEEP IT ATTRCHED, IT'S THERE AS A TIMING BACK-UP AND WRITE IN ANY ADDITIONAL INFORMATION CASE OF MEDICAL ISSUES



**START** The Customers Bank Thanksgiving Day 5 Miler will start first, at 9:00AM, just 230 feet from the Registration area.

**FUN RUN START** The One Mile Fun Run/Walk will begin a few minutes after the 5 Miler and head in the same direction.





**MEDICAL INFORMATION:** If you have medical information which may be important to your care in the event of an emergency, please write that information on the back of your race bib. Please do not break the ChronoTrack chip.

We encourage you to run with your cell phones, Should you come upon an emergency, we ask you to call this phone

number: 215-802-2622

Please save this number on your phone in advance of the event. A member of our emergency action team will answer the call. Please give the operator a description of the emergency including what the nearest mile marker is, the nature of the emergency, the bib number of individuals involved, and a description of he clothing the individual(s) are wearing. This will ensure that adequate care is on the way.

### PLEASE NOTE THIS NUMBER IS ONLY FOR ON-COURSE EMERGENCIES

### PLEASE DO NO CALL ASKING FOR DIRECTIONS or RESULTS

**DNF:** If you decide that you cannot complete the course, we ask that you make your way to the aid station and let the Aid Station Captain know that you are done for the day. The Aid Station Captain will do the best to keep you comfortable and arrange a ride back to the start/finish for you.

**FINISH LINE** The One Mile Fun Run and Customers Bank BCRRC Thanksgiving Day 5 Miler will share a common finish line. We will be opening a lane of exiting vehicular traffic shortly after the conclusion of the One Mile. Please be aware of exiting traffic.

**AWARDS** The One Mile Fun Run/Walk has no awards but results will be posted to runBUCKS.com. The Customers Bank BCRRC Thanksgiving Day 5 Miler will give awards to the top three men and wome overall in these divisions:

Overall, Under 14, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Older

ADDITIONALLY A \$100 BONUS WILL BE AWARDED TO THE FIRST MAN and/or WOMAN to break THE EXISTING COURSE RECORDS: JOE WEIGNER 25:03 JESSICA CICKAY 28:13

AWARDS TO TOP THREE MEN AND WOMEN IN THE ONE MILE FUN RUN

**RESULTS & PHOTOS** Results and Photos will be posted online at runBUCKS.com shortly after we have the opportunity to share the holiday with our own family and friends

**TOILETS** Portable toilets will be located outside the Race Day Registration area. We are sorry but we can not accommodate indoor bathroom facilities.

**MERCHANDISE** A limited number of 2016 Customers Bank BCRR Thanksgiving Day race running caps will be available for \$10 at Packet Pick-Up, please bring exact change

CLUB MEMBERSHIP FIND OUT MORE ABOUT THE BUCKS COUNTY ROADRUNNERS AT: www.bcrrclub.com

**WINTER SERIES** Join the BCRR and enjoy your motivation to train throughout the winter; the 2014-15 BCRR Winter Series at Tyler State Park: <u>WINTER SERIES INFO</u>



### **SPONSORS**

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Philip M. Miele Certified Public Accountant pmiele2@verizon.net



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