



## Frequently Ask Question (FAQ)

### **Refund**

No refund, transfer or deferment for all race entries. If you cannot participate you may still pick up your packet after the race or by contacting the Detroit Parks & Recreation Department at (313) 224-1100.

### **Strollers**

We do allow people to run/walk with baby joggers or strollers, but must start in the back of the pack for your safety and safety of others.

### **Toilets**

Portable Toilets will be accessible at the start/finish line.

### **Parking**

Parking is available in the Brennan Pool parking lot off of Plymouth Rd. The Detroit Parks & Recreation Department, City of Detroit and its sponsorship are not responsible for damage or theft of vehicles or personal belongings. Park at your own risk.

### **Water**

Water station will be available near the start/finish line and along the race route starting at Joy Rd. and Spinoza.

### **First Aid/Medical Support**

First Aid stations will be setup near the start/finish line and along the race route starting at Joy Rd. and Spinoza. In addition Emergency Medical personnel will be available along the race route.

### **Gear Check**

No gear check will be available. Detroit Parks & Recreation Department, its sponsors or affiliates will not be responsible for lost or stolen personal items.

### **Inclement Weather**

In the event of heavy rain, lightening or other inclement weather the event will be delayed. The event will not be postponed until another day.

Should the inclement weather persist for more than an hour the event will be cancel. If the rain occurs after the start of the race, you are advised to seek sheltered. If you wish to continue with the race you do so at your own risk.

NO refund will be issued if event is cancelled for act of nature.

### **Medals**

Event medals will be given to all registered participant of the STAY Fit For Health Event.

**Start/Finish Line**

Start/Finish Line is located at Spinoza and Brennan Pool Drive for the 3K/5K. For the Fun Run the start/finish line is located southeast of Brennan Pool.

**Dogs**

Animals are allowed to participate with registered participants in the walk events only, however they must remain leashed at all times and registered. You must start in the back of the pack and you will be responsible for the clean-up.

**Deadline for Registration**

Early Bird registration ends June 1. Late registration starts June 2. Last day to register is July 22.

**Distance**

5K = 3.81 Miles, 3K = 1.86 Miles, Fun Run = ½ mile

**Detroit Parks & Recreation Department Programs**

Detroit Parks & Recreation Department offer programs for Seniors, Teens, Adults and Youth.

Seniors – Fitness (Walking, Dance, Aerobics, Zumba, Weight Training, Aquatics), Arts & Crafts (Knitting, Sewing, Ceramics), Social (Intergenerational, Board/Card Games), Congregate Meals.

Teens – Leadership Development, Youth Employment Empowerment, Athletics (Skills & Drills, Aquatics), Archery, Boxing

Adults – Basketball, Aquatics, Ceramics, Dodge ball

Youth – Archery, T-Ball, Ceramics, Tennis, Soccer, Hockey, Aquatics.

Health & Wellness social programs (Mental Health, Alzheimer, Dementia, Suicide, Lung Disease)

The DPRD Programs are offered throughout the City of Detroit at eleven (11) recreation centers.

**Contact Us**

For questions, comments and suggestions about the race contact us at (313) 224-1100 or email at [detroitrecreation@detroitmi.gov](mailto:detroitrecreation@detroitmi.gov)

**Registration**

You may register at any Detroit Parks & Recreation Department Recreation Center, at the Northwest Activities Center or by mailing your registration form and payment to 18100 Meyers Rd | c/o STAY Fit for Health | Detroit, MI 48235 or online at [www.runsignup.com/race/mi/detroit/stayfitforhealth](http://www.runsignup.com/race/mi/detroit/stayfitforhealth).

**Lost & Found**

Lost & Found will be located at the check-in tent.

**Teams/Groups**

Teams/Groups are welcome. Teams/Groups of 5 or more, under one registration will receive a discount: \$10 off for the 5K and \$5 off for the 3K each individual registration (excluding Fun Run).