



Runner Race Instructions

Welcome and Thank You

We are pleased to welcome you to the 2023 CAK 5K on the Runway at the Akron-Canton Airport. Below are IMPORTANT details about the event. Please follow the Parking Instructions! We need to bus you to the race site and we want to start on time. **All parking will be at the Akron-Canton Airport in the Long Term B lot.** This is FREE and shuttles will run all morning back and forth to the race site.

Weekend Schedule

The weekend will start with PACKET PICKUP on Wednesday, August 2nd in Canton at Belden Village Mall in the Food Court JUST INSIDE THE ENTRANCE. We will be there from Noon to 8pm. If you live in the CANTON area please make your best effort to pick up your race packet here. It will reduce the congestion on race morning! PACKET PICKUP will continue Thursday, August 3rd at Second Sole Akron in the valley. The address is 1466 N Portage Path, Akron OH 44313. We will be there from Noon until 7:00pm. You will pick up your race bib, t-shirt, and assorted materials for the race. You may have a friend pick up your items for you! If you live in the AKRON area please make your best effort to pick up your race packet here.

If you cannot make it on Wednesday or Thursday, we will continue the PACKET PICKUP on SUNDAY morning at the race site from 6:30am to 7:45am outside of the MAPS Hanger just as you get off of the bus. Look for the RED TENTS as you come into the race site. Please arrive EARLY. We are starting the race promptly at 8:00am.



Race Day

The buses will drop you off at the MAPS Air Museum. Please follow the signs to enter the facility. YOUR RETURN BUS will be located here after the race.

Gear Check – We will have a limited gear check before you enter the facility. Please only bring the things you need to run in the race. It is important to note that you cannot bring in water bottles, backpacks, Camelbacks, or any other items that are prohibited inside of an active airport facility *WHILE YOU ARE RUNNING*.

Course / Start / Finish - The 5k will start promptly at 8:00am. Please make sure to allow enough time to park, get to the bus, pee, and prepare for the race. Your time will start once you cross the starting line and end as you cross the finish line. Only registered race participants are allowed on the race course. There will be an area for spectators if you are bringing family members. Water and food will be available in two places after the finish line.

The End Zone Dash – What is it? Well....it is a race inside of a race. We will have a 100 meter section marked off right around Mile 2.4 where you will be timed. Awards will be presented to the fastest 10 men and women under the age of 40 and the fastest 10 men and women over the age of 40. Will you run your fastest 5K or save some energy to BLAST through the End Zone Dash? You know you are getting close when you hear the Football Highlights Music!

Awards – Finisher medals will be given as you cross the finish line. The Awards Ceremony will start promptly at 9:05am. Some runners will still be finishing during the Awards Ceremony. Results will be posted continuously throughout the race and can be found at www.cantonruns.com. YOU MUST BE PRESENT TO COLLECT YOUR AWARD. WE WILL NOT MAIL OUT AWARDS AFTER THE RACE. NO EXCEPTIONS. PLEASE STICK AROUND FOR THE FEW EXTRA MINUTES AFTER YOU RUN. You are going to want to stick around anyway to check out the cool aircraft at the MAPS Air Museum.

Race Photos – Free race photos will be available just after you finish the race! We would love it if you posted your photos on your social media channels over race weekend. You can view your photos on the Race Results at www.cantonruns.com



Getting Here / Parking

There is ONE parking area for the 2023 race. We will have plenty of buses to get you to and from the race site. Please note that there is NO PARKING AT MAPS this year. All RUNNERS and SPECTATORS must park here.

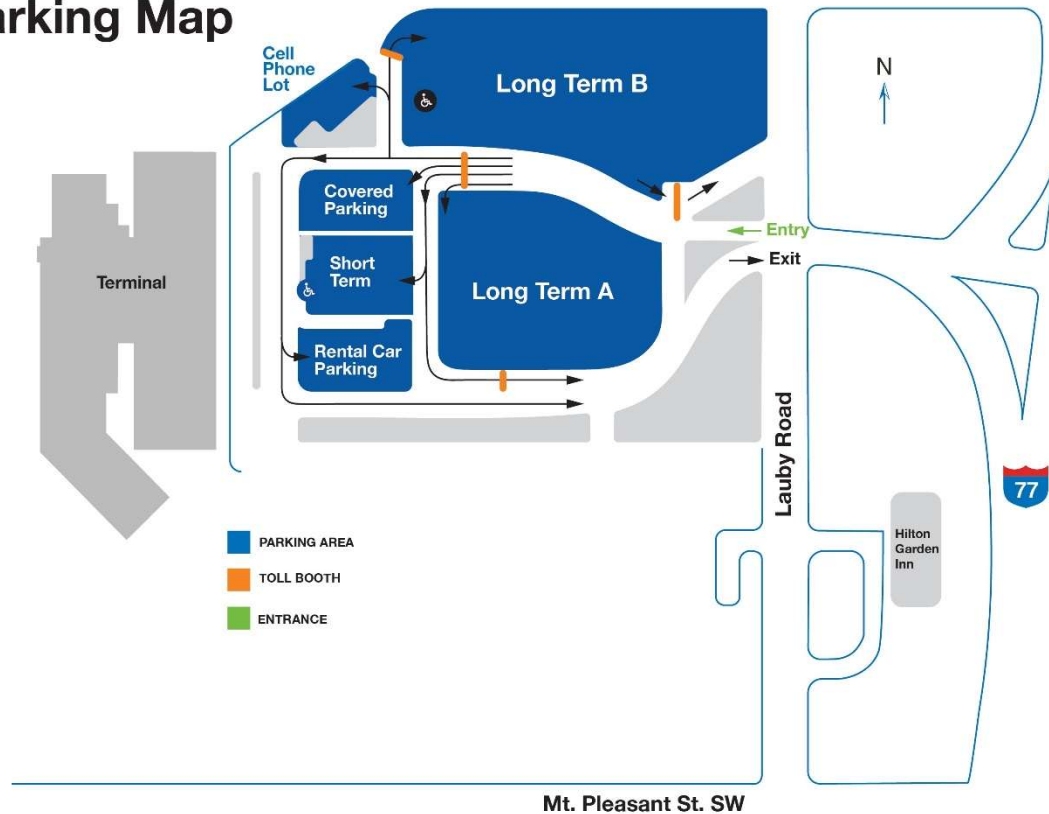
AKRON-CANTON AIRPORT LONG TERM B LOT

You will be parking for **FREE** at the Akron-Canton Airport **Long Term B** Lot. It is located to the right once you enter the Akron-Canton Airport. Use the location “Akron-Canton Airport” in your GPS / Google Map to get there.

Buses will be running starting at 6:30am. Please try to get here by 7:30am at the latest to ensure a smooth pre-race experience. Buses will be returning to the parking lot from 8:30am to Noon.



Parking Map



Race Site / Layout

All activities will be at the MAPS Air Museum. Please take some time to check out the cool aircraft at MAPS. Buses will be dropping / picking up participants just outside of the museum. **There is no parking along International Parkway or Global Gateway! We are using that area for Bus Transitions.** Spectators ARE allowed to park at the airport and take the bus to the race site.



Rules to Follow

We will be running on an active airfield. We kindly ask that you DO NOT bring water bottles, race belts, or any other items that could contain prohibited materials. You may run with your phone / iPod.

We also ask that you follow the rules posted regarding the aircraft at MAPS.

Wheelchairs

If you a wheelchair participant, please contact Jim at jchaney@runtoyouracing.com for specific instructions.

Strollers

You will park in LONG TERM B with the general public. There will be a WHITE VAN that you can load your stroller into that will be delivered to MAPS. The WHITE VAN will make TWO trips from Long Term B to MAPS. Once you have loaded your stroller on the WHITE VAN, please proceed to the buses that will take you to MAPS.

Race Schedule

- 6:30am – Buses start from Long Term B to MAPS
- 6:30am to 7:45am – Packet Pickup outside of hanger near bus drop
- 8:00am – Start of the 5K
- 8:15am – Beer Available
- 8:55am – Lil' Captains Dash
- 9:05am – Awards
- 10:00am – Beer Closes
- Noon – Last Bus Departs back to Long Term Parking B

Beer

You will have 1 tear off tag to redeem a beer from Royal Docks inside of the MAPS Hanger. You must stay inside the hanger to drink your beer. We will not be selling additional beer that morning.

Lil' Captains Dash

This is roughly a 200 meter run for those 10 years old and younger. Parent may run with their children. It is a FREE event but we kindly ask that you register your children at www.runsignup.com/cak5k so that



we have a proper count of how many kids will be participating. The dash will be at 8:55am just before we start the awards ceremony.

Thank You Sponsors

We want to say thanks to our partners for the weekend! Make sure you thank our volunteers!

