

FIFTH THIRD CAPITAL CITY RIVER RUN FAQ'S



GENERAL INFO

- Time limit? **3.5 hours**
- Pets allowed? **No**
- Strollers allowed? **Yes**
- Where do I park? **You may park in any of Lansing's public parking (click here for a map).**
- How do I get a refund? Refunds are allowed up to two weeks before the race. **Please email mcoss@michiganfitness.org for a refund.**
- Is there race day registration? **Yes, starting at 6:30am at Cooley Law School Stadium.**
- Is there a hotel discount? **Yes, the Radisson of Lansing offers a discounted rate on rooms with the code RIVRUN (\$121.95 rate).**
- Post Race Party? **Cooley Law School Stadium will have post race food, beverages and activities.**
- Where are the water stops? **We provide aid stations approximately every mile and a half, with water and gatorade.**
- What do I get with registration? **Participants get a long sleeve t-shirt, a hat, and a distance specific medal.**
- Where do I get my Triple Threat medal or No Mercy medal? **In the Emergent Biosolutions Award tent after the Capital City River Run.**

RELAY INFO

- Can someone walk in the relay? **As long as your team finishes in 3.5 hours.**
- How do relay members get to their respective locations? **Bussing is provided for all relay members. Leg 2 and 3 runners will be dropped off at their locations, and leg 1 and 2 runners will be taken back to the finish line. Relay busses will leave the Cooley Stadium at 7:45am.**
- What is the cost per person in the relay? **Each relay member pays \$47 (\$52 on race day).**
- What are the legs? **Leg 1, start to Clippert and the River Trail (4.3 miles). Leg 2, River Trail to Beach House in Hawk Island (3.7 miles). Leg 3, Beach House to the finish, (5.1 miles).**
- Can less than three people do the relay? **Yes, 3 is just the maximum.**