



5K•10K

October 3, 2021

COCOA, FLORIDA

PARTICIPANT GUIDE

ORGANIZED BY



PRESENTED BY



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SUNDAY, OCTOBER 3, 2021
COCOA, FLORIDA
HALF MARATHON, 10K & 5K START: 6:30 AM

The stars will be out at the Red Carpet Run Half Marathon, 10K and 5K. Follow the spotlight to the race site and be chased by paparazzi, as you are the star for the day! We are rolling out the red carpet for our participants as we celebrate the movies. We are excited about this year's event and have outlined detailed plans based on industry best practices on how Running Zone Foundation will support and provide a safe environment for participants, spectators, volunteers and staff.

Half Marathon
Finisher Medal



5K / 10K
Finisher Medal



2021 BENEFICIARY

By participating in the Red Carpet Run, you are helping a great organization listed below! Thank you for joining us and helping us to give back to our community!

Family Promise of Brevard



Family Promise of Brevard is a 501 (c)(3) nonprofit dedicated to providing assistance for homeless families in Brevard County. Their promise is to empower homeless families to create a path towards stable, long term housing and provide peace and security along the journey.

SCHEDULE OF EVENTS: COUNTDOWN TO RED CARPET RUN

WEDNESDAY – FRIDAY ACTIVITIES | SEPT. 29TH – OCT. 1ST

Registration and Packet Pick up at Running Zone
(3696 N Wickham Rd, Melbourne, FL 32935) from
10:00 am – 6:30 pm

SATURDAY ACTIVITIES | OCT. 2ND

- **10:00 am** – Late Registration and Packet Pick up
at Running Zone (3696 N Wickham Rd.
Melbourne, FL)
- **5:00 pm** – Late Registration & Packet Pickup
closes at Running Zone

RACE DAY ACTIVITIES* | SUNDAY, OCT. 3RD

- **5:00 am** – Race Site Opens & Race Day Packet Pick up
and Registration Starts
- **6:30 am– Half, 10K & 5K Start**
- **10:30 am** – Official Course Closure (4 hours for all
events)

RACE LOCATION: COCOA VILLAGE

The 4th running of the Red Carpet Run Half, 10K & 5K will take place in Cocoa, Florida. The race site and “Hollywood Central” are at Cocoa Riverfront Park (401 Riveredge Blvd, Cocoa, FL 32922). This is a large outdoor facility that we can easily spread out before and after the race so safe social distancing guidelines can be maintained.

DIRECTIONS TO RACE SITE

From Orlando on State Rd 528: Travel FL-528 East towards Cocoa to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

From Daytona Beach on I-95: Follow I-95 South to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

From Miami on I-95: Follow I 95 North to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

PARKING

All limos and town cars can park in any public parking spot in Downtown Cocoa Village. Here are some designated spots: **Cocoa Library, City of Cocoa City Hall, Parking lot on corners of Factory St. & John Garren Lane, Public parking lots on Oleander St., Stone St. & Florida Ave.**

PARTICIPANT PACKET PICKUP & LATE REGISTRATION

Late registration, packet pickup and official Red Carpet Run Merchandise are available at Running Zone (Race Headquarters) Wednesday – Saturday, Sept. 29th through Oct. 2nd. Business hours during the week are 10:00 am to 6:30 pm and on Saturday from 10:00 am to 5:00 pm.

Race Headquarters will be at Running Zone Inc. located at 3696 N. Wickham Rd. Melbourne, Florida. Running Zone is just south of the King Center and Eastern Florida State College between Post and Parkway Road.

For further information about Running Zone, visit us on the web at RunningZone.com You can also contact Running Zone by phone at 321-751-8890 or email at info@redcarpetrunfl.com



PARTICIPANT PACKET CONTENT

1. Safety Pins
2. Official Bib Number & timing tag – Your timing tag is already attached to the back of the bib! Be sure to wear your bib on the front of your shorts or shirt and do NOT remove the timing tag from your bib #.

Virtual Participants: You will download your race bib number



THANK YOU TO OUR BEER PARTNER

DIRTY OAR BEER COMPANY

(329 King St., Cocoa, FL 32922)

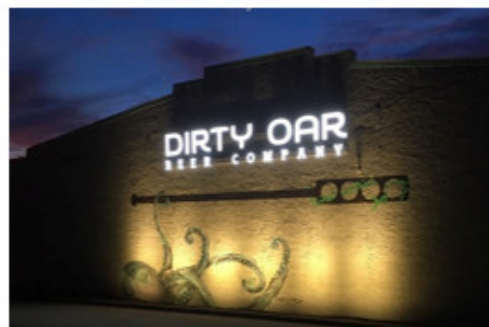
Dirty Oar Beer Company will be providing beer to all participants (21 years +) post race.

**They will also be hosting a Red Carpet Run Sneak Preview on
Saturday, October 2nd from 5 pm to 9 pm**

Participants will receive **20% off** all pints!
Burger Rob's food truck will be present with their tasty smash burgers!

**20% off all pints
for Red Carpet Run participants*!**

**Must show your confirmation email to receive the discount.*



DIGITAL EVENT BAG

We will be emailing your Official Virtual Event Bag with deals and promotions from our race partners on Wednesday, Sept. 29th! Don't forget to claim the offers in the Digital Event Bag sent through the email you provided on your race registration.



CHRONOTRACK B-TAG TIMING TECHNOLOGY

Chronotrack B-Tag timing (disposable B-Tag) will be used for scoring. Both the official time and "net" time will be calculated. Wear your bib # on the front of your shirt. The B-Tag is on the back of your race number.

All courses are USATF certified.



CONTINGENCY PLAN, EVENT ALERT SYSTEM & CANCELLATION POLICY

In case of lightning, severe rain, wind or any other condition that affects the potential safety of the participants, spectators and volunteers, the event may be delayed and all participants will be asked to proceed to safety. The event will start if the weather clears (in the case of severe weather). In the case of light rain, the event will continue until safety becomes an issue. In the event unusual conditions necessitate the curtailment or cancellation of the event for the safety of participants, the Race Director shall have absolute authority to make changes to best serve the interests and safety of the event participants. In case of extreme weather, the race director shall determine if and when the event shall cease, resume or be cancelled. Please visit RedCarpetRunHalf.com for details of our cancellation, transfer and deferment policy.

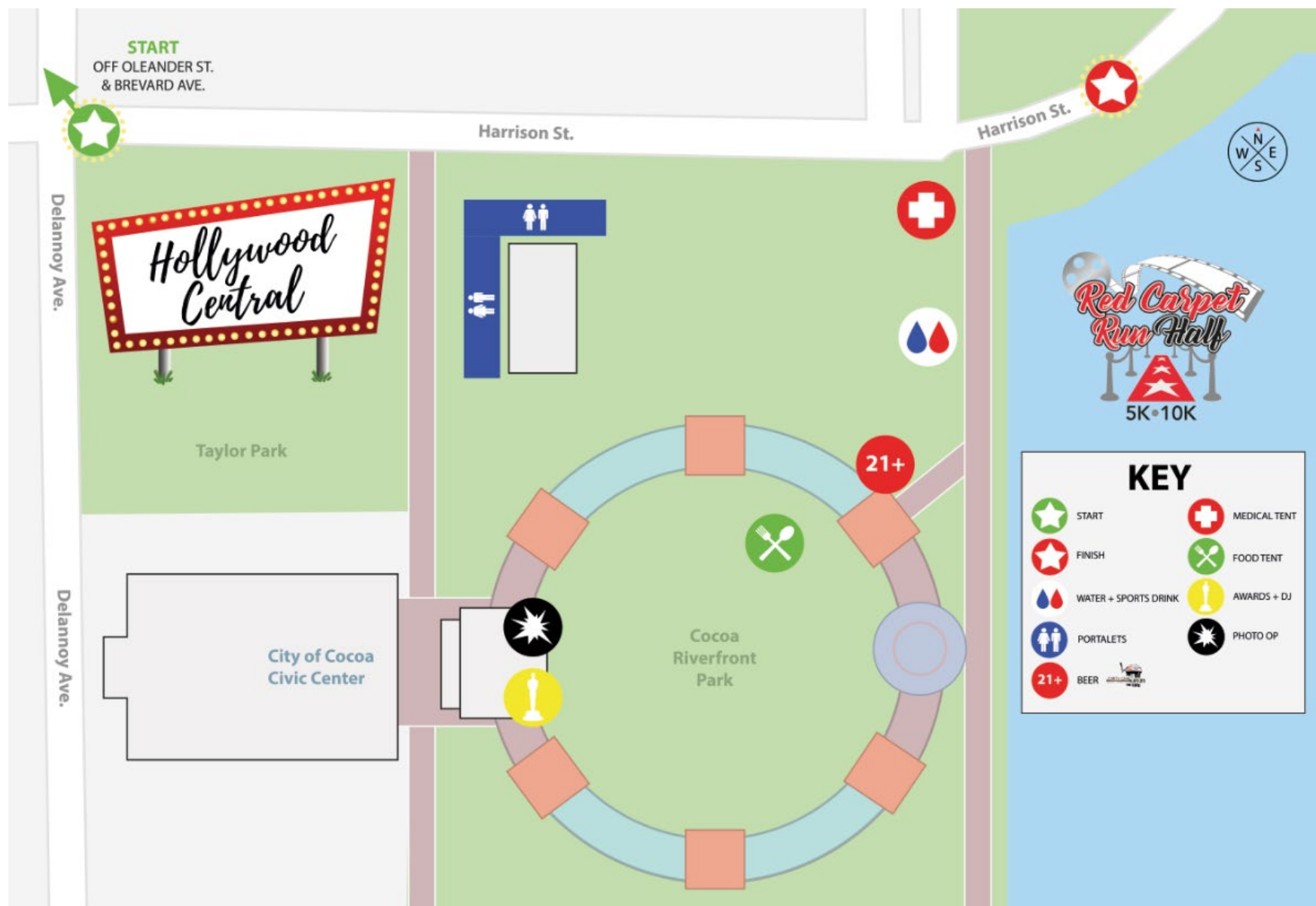
SECURITY PLAN

Here are some additional measures we should all take to have a fun and safe event:

- Travel light to the event
- Don't bring anything you don't need
- Don't leave your bags unattended around the race site
- And most importantly, if you see something, say something!

Thank you in advance for your cooperation.

HOLLYWOOD CENTRAL: RACE SITE MAP



COURSE MAP: Half, 10K & 5K



COURSE ELEVATION

The course is mostly fast and flat. There are a few rolling hills on the Half portion of the course.

COURSE TIME LIMITS

Course officially closes at 10:30 am on Sunday afternoon. (4 hour time limit)

AID STATIONS

Half Marathoners will pass an aid station 6 times. 10K participants will pass an aid station 4 times. 5K participants will pass an aid station 2 times. **There are 3 aid stations on the course (854 Indian River Drive, McFarland Drive South, Briarwood Lane) with sports drinks and bottled water. Please use trash cans – do not throw on the ground.** GU brand gels will be available at Briarwood Lane and McFarland Drive South.



PROHIBITED DEVICES

For your safety, we ask you not to wear music listening devices because the course is open to residential traffic.

SPLITS, CLOCKS & MILE MARKERS

Split mats will be along the course at each distance event turnaround.

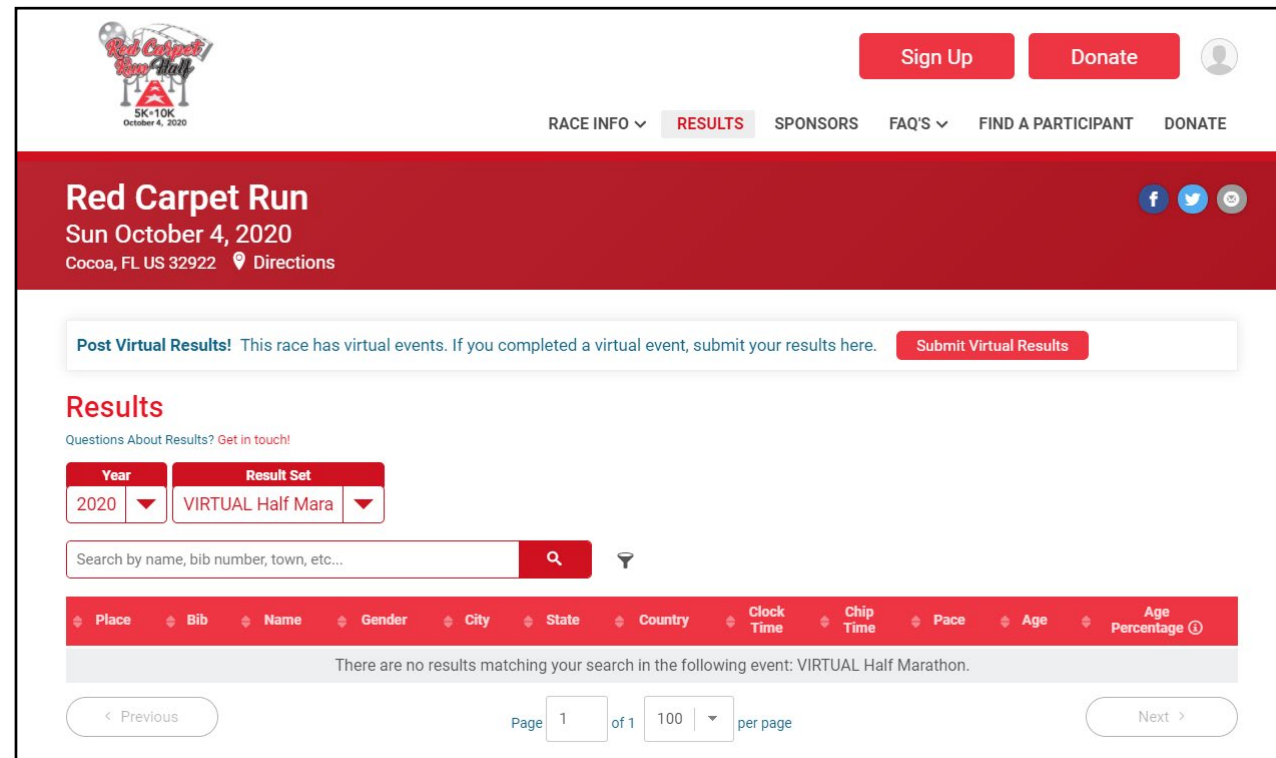
Clocks will be displayed at each timing split site. Each mile will be marked along the course. Mile markers are tall red feather banners for the Half, metal signs for the 10K and white feather banners for the 5K.

COURSE SAFETY

The race course will be open to local residential traffic. Traffic at intersections will be controlled by police and traffic control personnel but you must be vigilant. There will also be numerous volunteers along the course. PLEASE be aware of vehicular traffic. BE SAFE!

RACE DAY RUNNER RESULTS

Race results will be posted during the race, online at RedCarpetRunHalf.com. As participants achieve specific splits along the course, their times will be updated accordingly. Final results will be posted at the race site and online at RedCarpetRunHalf.com.



The screenshot shows the Red Carpet Run website interface. At the top, there is a navigation bar with a logo on the left, a 'Sign Up' button, a 'Donate' button, and a user profile icon. Below this is a secondary navigation bar with links for 'RACE INFO', 'RESULTS' (which is highlighted), 'SPONSORS', 'FAQ'S', 'FIND A PARTICIPANT', and 'DONATE'. The main header area is red and contains the text 'Red Carpet Run', 'Sun October 4, 2020', and 'Cocoa, FL US 32922' with a 'Directions' link. Social media icons for Facebook, Twitter, and Instagram are also present. Below the header, there is a section for 'Post Virtual Results!' with a message and a 'Submit Virtual Results' button. The 'Results' section follows, with a link to 'Questions About Results? Get in touch!'. It features two dropdown menus for 'Year' (set to 2020) and 'Result Set' (set to VIRTUAL Half Mara). A search bar with the placeholder 'Search by name, bib number, town, etc...' and a magnifying glass icon is provided. Below the search bar is a table with columns: Place, Bib, Name, Gender, City, State, Country, Clock Time, Chip Time, Pace, Age, and Age Percentage. The table is currently empty, with a message stating 'There are no results matching your search in the following event: VIRTUAL Half Marathon.' At the bottom, there are pagination controls showing 'Page 1 of 1' and '100 per page', along with 'Previous' and 'Next' buttons.

MEDICAL INFORMATION

MEDICAL SERVICES & SUPPORT

If anyone should need medical assistance, please notify any volunteer and they will help you in obtaining medical assistance. A first aid station will be available along the course. Coastal Health Systems will be on site during the event at the finish line.

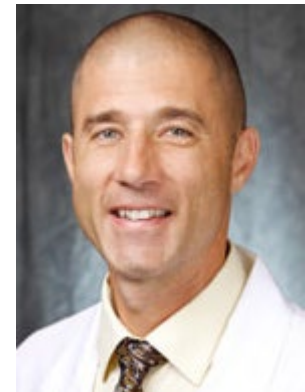


A NOTE FROM OUR MEDICAL DIRECTOR

Our Medical Director, Dr. Bryan Parry is a Board Certified Orthopedic Surgeon and is a fellow of American Academy of Orthopedic Surgeons. He practices at Suntree Orthopedics.

Even with proper training for long distances, you still may suffer from heat stress or become dehydrated. Here are a few tips to remember during the race:

- Make sure you are hydrated before the race with both water and electrolyte replacement fluid.
- Try to intake 4-6 ounces every 20 minutes during the race. You should drink electrolyte replacement fluid at least every other water station.



Dr. Bryan Parry
MD, FAAOS

A NOTE FROM OUR MEDICAL DIRECTOR (CONTINUED)

- Medical research has shown non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin (ibuprofen) and Aleve may be harmful to runners' kidney function is taken within 24 hours of running. Also, they may increase the risk of hyponatremia by interfering with the body's ability to retain salt. Tylenol has been shown to be safe.
- Know the symptoms of heat stress, dehydration or other symptoms in which to seek medical assistance: nausea and/or vomiting; dizziness, confusion, loss of peripheral vision; dry skin, your body is no longer able to perspire; chest pain.

If anything like this occurs, seek medical assistance. Our medical team will be there to help on race day to ensure you have a safe and enjoyable race.



RACE DAY: POST RACE

PHOTOS

Photos of the finish line will be posted on the results page of RedCarpetRunHalf.com.

AWARDS/RESULTS PROCEDURE

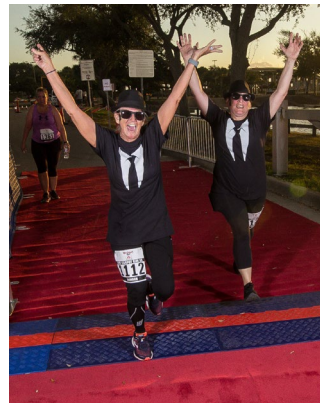
Awards Ceremonies will begin at these approximate times:

5K: 7:45 am

10K: 8:30 am

Half: 9:15 am

The course and race site close at 10:30 am



THANK YOU RACE PARTNERS!

CLICK ON LOGOS TO VIEW WEBSITE

Best Picture – “presented by”



Best Director



Best Supporting Actor



Best Original Screenplay



Best Editing



A SPECIAL THANK YOU

Thank you to the City of Cocoa and Brevard County for hosting the Red Carpet Run Half, 10K & 5K.

