

How far is a 5K? 3.107 miles.

Can I run a 5K without training? The event is open to both competitors and non-competitors. You can alternate between walking and running. You can even walk the entire 5K if you wish. The only thing you can't do is bike. The most important thing is to have fun!

What if it rains? The event will happen rain or shine. A little rain never hurts anyone when it is for a great cause.

What if I cannot run a 5K? If you cannot run a 5K, don't be shy! Join us and walk. Wheelchairs and strollers are also permitted.

What is a "Color Run"? It is a 1 mile "fun run that is perfect for kids and/or less serious runners. During the run, participants are splashed with non-toxic color powder!"

What does the "winner" get? Everyone gets a T-shirt. The top 3 winners, by age category, will be awarded a Teaneck 5K Medal.

Will the event be timed? The USATF sanctioned 5K Run/Walk will be timed. The 1 Mile Color Run will not be timed. Each 5K participant will have a bib with a RFID chip on it to measure your exact time. The 5K course is USATF certified.

What's the cost of the event? It is \$25/person for the 5K and \$20/person for the 1 Mile Color Run. The price will increase \$5 after March 31st. 5K Run/Walk: \$30 and 1 Mile Color Run: \$25.

How do I register? There are two ways to register. The preferred way is online by credit card. Go to TOPSTeaneck.org or contact TOPS at TOPSTeaneckorg@gmail.com.

What is T.O.P.S.? "T.O.P.S." is the Teaneck Organization for Public Schools that raise funds and provides support for supplemental educational programs within the Teaneck Public Schools. The programs that T.O.P.S. supports enhance and enrich the educational experience of our students in a variety of ways, helping them realize their highest potential as students and as citizens of the 21st Century.

What is the purpose for the race? Our goal this year is to raise money for after school programs for the Teaneck Public Schools.

Can I run with my dog? We welcome our four legged friends to cheer but not to race.