

Thanks for registering for **2019 Sweetheart Run** on Saturday February 17, 2018.

Please take a moment to read this email as it contains important race information.

Race location: Fleet Feet Blue Dome, 2nd and Frankfort Avenue in downtown Tulsa (418 E. 2nd Street)

Packets can be picked up in advance through Friday, February 15, 2019. Pick up at the store you indicated when you registered. Packets can be picked up as follows:

Tuesday, 2/12/19 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Wednesday, 2/13/19 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Thursday, 2/14/19 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Friday, 2/15/19 10am - 7pm (all three locations)

Packets can also be picked up on race day beginning at 7:00 am. Packets will be located in the tent in the back-parking lot of Fleet Feet Blue Dome (2nd and Frankfort). We suggest you pick up in advance if possible to avoid race day lines.

Finisher Medals:

All three races receive finisher medals – 5k, 10k, and Fun Run

The two medals interlock – so if you do both the 5k and 10k you can insert the 5k medal into the 10k medal to form a new DOUBLER medal.

The Fun Run also has its own distinct medal. If you are in the 5k and will also run the Fun Run with your child, please do not take a Fun Run medal – they are only for Fun Run entrants.

You will receive your finisher medal as you cross the finish line of each race. 5k participants and DOUBLERS will receive the 5k medal at the finish of the 5k, while 10k participants and DOUBLERS will receive the 10k medal at the finish of the 10k. Note that all races are expected to SELL OUT, meaning we have no extra medals. **So please take the correct medal based on your race as you finish.**

Timing:

For the timed races (5 km and 10 km) your bib is affixed with a timing tag on the back. Just wear your bib on the front OUTSIDE of your clothing. IMPORTANT: If you are in the DOUBLE, you will wear the same race number/timing tag for both races! Do not remove the race number between races.

Wear your race number on the front of your body! This is very important as our second back-up timing method requires us to see your race number. Do not cover your race number and do not wear it on your back!

The Fun Run is not timed.

Race Start Times:

5 KM: 7:45 am (2 minute early start for Ainsley's Angels running team)

10 KM: 8:30 am (2 minute early start for Ainsley's Angels running team)

1 KM Fun Run & Walk: 8:35am

Click here to view the course map: <https://d368g9lw5ileu7.cloudfront.net/races/race54804-customSectionAttachment5c534261e276f4.66385650.pdf>

If you are in the 10k, please stay clear of the FINISH LINE as you line up for the start of your race. The FINISH LINE will be active as the 5 km will be underway. If you are a DOUBLER and will finish the 5 km in more than 45 minutes, once you finish the 5km proceed to the start line to begin the 10 km. Note the 10 km will start 45 minutes after the 5km starts.

We will have water in the start corral area for those 5k participants who will be doubling in the 10k. Not you will have your 5k medal – so make plans on what to do with that medal when you participate in the 10k.

Parking: There is free parking (since it is a weekend) on the street near the store. Lots near McNellie’s north of 1st Street are free to park in. Most other lots in and around the start/finish line are pay. This is a large race with nearly 2000 participants. So arrive early to find a parking spot.

Post-Race Details:

Beer: Due to the changes in Oklahoma’s liquor laws, we will be unable to serve beer at the Sweetheart Run. But rest assured we are working on this problem and hope to have it solved in the near future!

Food: We will be cooking pancakes, as is the tradition for the Sweetheart Run! The pancake breakfast will be in the back-parking lot. Thanks for pancake czar Bobby Bomer as well as our team of volunteers from the Memorial High School JROTC (go Chargers!).

Entertainment: Enjoy music played by our DJ in the back-parking lot after the race.

Volunteers: We could use a few more volunteers for these tasks: race day registration, and our 2 water stops. Sign up here: <https://runsignup.com/Race/Volunteer/OK/Tulsa/SweetheartRun>

Awards: Since many 5k participants are also Doubling in the 10k, we will do only one awards ceremony, after the 10k. Overall and age group awards for the 5k and 10k and overall awards for the Double and couples categories will at the DJ booth in the back parking lot at 10:15 am. If you only participate in the 5km, age group awards will be available for pickup at the awards tent in the back parking lot once results are final for the 5k. Here is a summary of awards that will be presented at 10:15 am:

5k, first place male and first place female
5k age groups, top 3 in each division
10k, first place male and first place female
10k age groups, top 3 in each division
DOUBLE, first place male and first place female
5k Couples – First place team
10k Couples – First place team
DOUBLE Couples – First place team

Race Results: Printed listings of age group winners will be posted in the back parking lot. During the race results will be posted online; visit www.fleetfeettulsa.com for results on race day.

SALE: Special Sweetheart Run Sale and Specials! We will have several great sales and specials all week during packet pickup:



Sweet(heart) Savings:

- **Nuun Performance: Buy One, Get One Free**
 - **All Apparel: 20% OFF**
 - **Sale Shoes - We Got 'Em!**
 - **All Nutrition: Buy 3, Get 1 Free**
- **Injinji Compression Socks: 30% OFF**
 - **All Hydration Vests: 20% OFF**

Offers valid 2/12/19 - 2/15/19.

Valid in-store only - no special orders or e-comm orders.

Offers valid while supplies last.

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