

# DIGNITY RUNNER HANDBOOK



## RACE FOR DIGNITY

SUNDAY, OCTOBER 6, 2019

5K Run/Walk • Frank A Theis Park

BENEFITS GIVING THE BASICS



## 2<sup>nd</sup> Annual Race for Dignity

Giving the Basics thanks all our participants, volunteers, donors, and sponsors for partnering with us for Giving the Basics' 2<sup>nd</sup> Annual Race for Dignity.





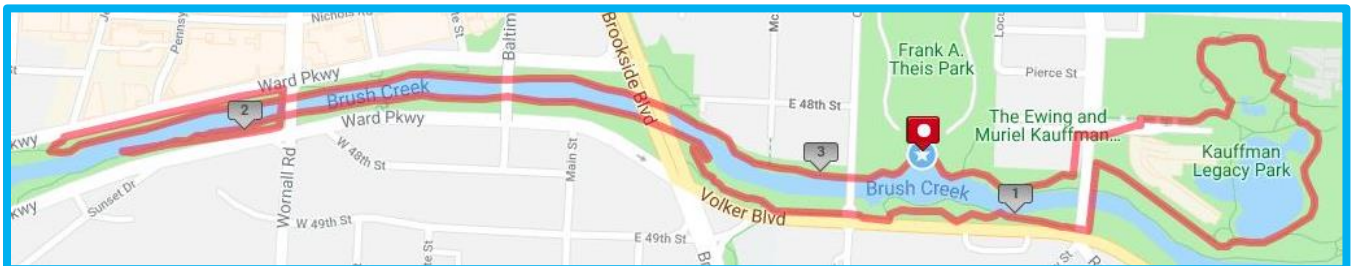
# Race Day Info

**PARKING:** You can park in the parking lot of the Kaufman Gardens and Frank A Theis Park.

**LATE REGISTRATION & PACKET PICK-UP:** Available at Check-In. Correct shirt sizes are not guaranteed after 9/15/19.

**YOUR BIB:** Use the safety pins to attach your bib to the front of your shirt. Safety pins will be provided at Packet Pick-Up and Late Registration. Keep your bib for a free chair massage after the race.

**PHOTOGRAPHERS:** Make sure that your bib is visible for on-course photographers.



## RACE DAY EVENTS

- 7:30am Packet Pick Up & Registration
- 9:00am Race Starts
- 9:45am Post-Race Celebration
- 12:00pm Celebration Ends

**NOTICE:** No bikes, pets, rollerblades, roller skates, or motorized vehicles. Strollers are allowed. No animals except for service animals.

**DONATIONS:** We will be collecting basic hygiene items before, during and after the race. **Clean out you travel supplies and under your bath room sink and bring what you can.**

For Questions contact the Race Director at 913-742-3136 or [YEB@givingthebasics.org](mailto:YEB@givingthebasics.org)

thank you!



**Gold Sponsors**

Miller Group  
Ace Image Wear  
JE Dunn

**Silver Sponsors**

Creative Planning  
Hutching Carrier  
Aetna

BOK Financial

**Bronze Sponsors**

Security Bank  
Willams Gaughan Insurance Agency

**In-Kind Sponsors**

Scheels  
Midwest Engraving  
Betty Rea's

**Donors**

Thank you to all those who donated products and money!

**Volunteers**

Thank you to all those who volunteered their time!

**Bodies Race Management Company**



**SCHEELS®**



**Giving the Basics**

*We couldn't have done it without you*