

Frequently Asked Questions

In-Person Gritty 5K Presented by Penn Medicine

This year the Gritty 5K is in person at the Wells Fargo Center on October 21 AND virtually! We are excited to be able to bring our local fans together, while still engaging with fans from around the world!

Please read the following questions for additional information on Gritty 5K Presented by Penn Medicine. Should you need additional information, please email us at CSCharities@comcastspectacor.com. Our normal business hours are 10:00 a.m. to 4:00 p.m. Monday through Friday.

Event Details

1. What is the event schedule?
 - a. 8:00 Arrival. Arrive by 8:00 a.m. to park at the Wells Fargo Center.
 - b. 8:10 Line up in corrals
 - c. 8:20 Opening ceremonies remarks
 - d. 8:30 Race start

2. When is packet pick-up?
 - a. Packet Pick-Up date is TBD. Communication will be sent once a date/time has been finalized.

3. Can I have my gear shipped?
 - a. Yes! You **MUST** register by October 1, 2023, for your gear to ship before race day. If you register before October 1, your gear will ship in early October.
 - b. If you register after October 1, 2023, you must pick up your gear at packet pick up. Packet Pick-Up date is TBD, more communication will be sent once this is finalized.

4. Can I pick up my packet (bib and shirt) on the day of the event?
 - a. **No**, packet pick will take place prior to the event on October 21, 2023. There will not be any opportunities to pick up your packet on the day of the event.

5. Where do I park?
 - a. Parking is FREE and you can park in Lot A, B or H in the Wells Fargo Center Complex. If necessary, overflow parking will be announced.

6. Where do I check in?
 - a. You do not need to check in. If you need assistance, please go to Guest Services. This will be located on the North Access Road adjacent to Lot G.

7. Will restrooms be available?
 - a. Portable restrooms will be on site and bathrooms will be open in Xfinity Live!

8. Will there be water stations?
 - b. Yes, water/rest stations will be marked along the route.

9. Is there an age limit for participants?

- c. All participants running or walking on the course will need to register and sign the waiver when registering.
 - d. Children 5 and under and in a stroller do not need to be registered. Those under 18 are welcome to participate with a parent/legal guardian.
10. Where does the race start/end?
- e. The start/finish line will be inside the Wells Fargo Complex adjacent to Xfinity Live!
11. Can family and friends come cheer me on?
- f. Yes! Friends and family are welcome to cheer along the course.
12. How can I learn more about the charity/foundation?
- g. Please visit www.flyerscharities.com for more information and follow us on social media @FlyersCharities.
13. What does the money go towards?
- h. The funds raised during the Gritty 5K benefit Flyers Charities' mission. We care about and invest in the health of our community by honoring our legacy of supporting local families impacted by cancer, growing our games inclusive of new and diverse participants and audiences, and supporting continuous improvement in sustainability and environmental responsibility.
14. Are there prizes?
- i. Each registered participant will receive a finisher's medal. Gritty-themed prizes for "Best in Fur" and other categories will also be awarded.
15. Can I bring my pet?
- j. For the protection and the safety of our participants, pets are not allowed at the event.
16. Can I do the event with my roller blades?
- k. No, roller blades compromise the integrity of the event, which is set up to be on foot.
17. Are you looking for sponsors for the event?
- a. Yes! If your company is interested in sponsoring the Gritty 5K, please email Flyers Charities at CSCharities@comcastspectacor.com.

Registration FAQs:

1. Are there team sign ups or just individual?
 - a. Individual sign ups only.
2. Is there a course map?
 - a. We will share a course map on the website and on Flyers Charities' social media prior to the race. The course will also be clearly marked on the day of the race.
3. If I can no longer attend the race, can I receive a refund or transfer on my bib?

- a. Unfortunately, refunds and transfers are not available for this event as the proceeds benefit charity.
4. What is included with my registration?
 - a. Included with registration is a sized Gritty 5K shirt, finisher's medal, and personalized bib with timing chip.
5. Does my registration include a Flyers ticket?
 - a. Yes! All in-person registrations include one (1) ticket to a Flyers home game for the 2023-24 season. Selecting tickets this year will be easier than ever, and much more user friendly! Participants will receive a link to select
6. How do I redeem my tickets?
 - a. You will receive a link to get your ticket in early October. If you have any questions about redeeming your ticket, please contact us at CSCharities@comcastspectacor.com.
7. Can I get more than one ticket?
 - a. You can only get one ticket per registration. Additional tickets in the same area can be purchased at a discounted rate.
8. What is the cost? Is there a price increase?
 - a. Registration starts at \$50 per person. Prices increase as we approach race day.
9. Is there a child entry fee? What is the age?
 - a. The entry fee for children 12 and under is \$40, with prices increasing as race day approaches. This includes a sized short sleeve tech shirt, finisher's medal, reusable bag, and personalized bib with timing chip.
 - b. Children 5 and under, (and in strollers) can run for free. They will not receive a shirt, medal, bib, or Flyers ticket. Children must be registered separately to receive those items, including the shirt and ticket to a Flyers home game.
10. I have a coupon code. How do I apply it?
 - a. All coupon codes are applied at the end of registration. Please enter it on the 'Review Your Registration' page.
11. Do I need an account to login or register?
 - a. Yes, an account will be created upon registration on RunSignup.
12. What happens if I lose my bib?
 - a. Please see an event representative onsite or email CSCharities@comcastspectacor.com
13. What if I did not get a confirmation email?
 - a. Check your SPAM folder. If you have not received a confirmation email, reach out to CSCharities@comcastspectacor.com, so we can make sure you are registered.

Running FAQs:

1. Can I walk the 5K?
 - a. Absolutely, walking the 5K course is an option. Participants in the event should be able to complete the course by 10:30 a.m.
2. Can I bring a stroller? / Do I have to pay for the stroller?
 - a. Yes, you can bring a stroller for the 5K. There will not be a charge for the stroller, but strollers must stay to the back of the crowd. Kids in strollers do not need to register, but they will not receive any race swag (t-shirt, medal, etc.). If you want a shirt for your child, you **MUST** register them as a participant.
3. Will there be a gear check?
 - a. Gear check will be available in the G Lot.
4. Will the event be rescheduled due to inclement weather?
 - a. The event is a rain/shine event. In the event of severe inclement weather, a statement will be made on our social media channels.
5. What is NOT allowed on the course?
 - a. Headphones, pets, and rollerblades are not permitted for everyone's safety.

Virtual Gritty 5K Presented by Penn Medicine

This year the Gritty 5K is in person at the Wells Fargo Center on October 21 AND virtually! We are excited to be able to bring our local fans together again, while still engaging with fans from around the world!

Please read the following questions for additional information on the 2023 Virtual Gritty 5K presented by Penn Medicine. Contact Flyers Charities by email at CSCharities@comcastspectacor.com for additional information.

VIRTUAL Event Details

1. What is the 2023 Virtual Gritty 5K?
 - a. The 2023 Virtual Gritty 5K is an event where you sign up and participate by running a 5K (3.1 miles) on a course of your choosing. This could be in your neighborhood, in a park, or even on a treadmill. **Please be advised that signing up for the Virtual Gritty 5K will not grant you access to participate at the in-person Gritty 5K.**
2. When is the race?
 - a. The race is virtual, with runners able to submit their results between October 8, 2023, and October 23, 2023.
3. Do I need to pay to have my gear shipped to me?
 - a. NO! Shipping is INCLUDED in your registration fee. All virtual participants will have their gear shipped with their registration. This packet will also include your medal. International shipping is an additional fee.
4. When will my gear ship?
 - a. If you register before October 1, 2023, your gear will ship in early October. Any registration after that date will result in your gear shipping **AFTER** October 22, 2023.
5. Can I participate if I live outside of the USA?

- a. Yes, you can register for the race if you live internationally. There will be an additional charge for international shipping.
- 6. How do I submit my results?
 - a. You can submit your results through your RunSignUp account. See ‘**The 5K and Results**’ below for more details.
- 7. What do the funds raised from the Gritty 5K support?
 - a. The funds raised during the Gritty 5K benefit Flyers Charities’ mission. We care about and invest in the health of our community by honoring our legacy of supporting local families impacted by cancer, growing our games inclusive of new and diverse participants and audiences, and supporting continuous improvement in sustainability and environmental responsibility
- 8. How can I learn more about the charity/foundation?
 - a. Please visit www.flyerscharities.com for more information about Flyers Charities and our work in the community.
- 9. Are you looking for sponsors for the event?
 - a. Yes! If your company is interested in sponsoring the Gritty 5K, please email Flyers Charities at CSCharities@comcastspectacor.com.

Registration

- 1. Do I need an account to login or register for the 2023 Virtual Gritty 5K?
 - a. Yes, an account will be created upon registration through RunSignup.
- 2. Are there team sign-ups or just individual?
 - a. Individual sign-ups only.
- 3. What is included with my registration, and how much does it cost?
 - a. The cost of registering to run the event, receiving a finisher’s medal, short sleeve tech shirt, and submitting times and photos for awards is \$45. International shipping is an additional charge.
- 4. Is there a child entry fee? What is the age?
 - a. Children 12 and under can register for the 2023 Virtual Gritty 5K for \$35. Registration includes a finisher’s medal and a short sleeve tech shirt.
- 5. After I registered, I didn’t get the confirmation email. What should I do?
 - a. Check your SPAM folder. If you still have not received the confirmation email, contact Flyers Charities at CSCharities@comcastspectacor.com.
- 6. If I don’t end up running or walking the 5K, can I get a refund?
 - a. There will be no refunds if you decide not to participate.

2022 Gritty 5K Gear

- 1. What kind of “swag” is available for this race?
 - a. Finisher's medal and short sleeve tech shirt are included with the registration fee.
- 2. When will I receive my gear?
 - a. If you register **before** October 1, 2023, your gear will ship in early October. Any registration after that date will result in your gear arriving **after** October 22, 2023.
- 1. My gear still hasn’t arrived.
 - a. If you registered before October 1, 2023, your gear will ship in early October. If you registered after that date, your gear will not ship until after October 22, 2023.
 - b. If you are worried about the status of your gear, please contact us at CSCharities@comcastspectacor.com.

The 5K and Results

- 1. How far is a 5K?
 - a. A 5K is 3.1 miles.

2. Do I have to run the 5K?
 - a. No! Run or walk the race at your own pace.
3. Can my family and friends complete the 5K with me?
 - a. Sure, make sure everyone follows general safety guidelines.
4. Do I have to use a specific app to track my run/walk?
 - a. No, you can use any exercise/fitness app with tracking capabilities to track your 3.1 miles. Your miles must be tracked with an app to be eligible.
5. When do I submit my results?
 - a. You can submit your results at any point during the race period. After October 23, your results can no longer be submitted.
6. Do I have to submit my results?
 - a. No, you are not required to submit results. You will still receive a finisher's medal if you do not submit results.
7. How do I submit my results?
 - a. You can submit your results starting October 8, 2023. Once you have completed the 5K, login to your RunSignup account. Click on "My Races" and scroll to 2023 Virtual Gritty 5K. Click the "Submit Virtual Results" button on the right-hand side to enter your time!

2023 Virtual Gritty 5K Awards

1. Are there awards for virtual runners this year?
 - a. Yes, there will be awards. Only registered runners will be considered for awards.
2. When will awards be announced?
 - a. Awards will be announced after the closing of the 2023 Gritty 5K. Stay tuned for announcements on Flyers Charities' social media accounts. Winners will be contacted after the race.
3. How do I submit my photos for award consideration?
 - a. To be considered for an award, you must be registered for the race and tag @FlyersCharities on Instagram, Twitter or Facebook and use the hashtag #Gritty5K in your post. If you tag us in a post, you **MUST** be public for us to view it.
 - b. If your profile is private, or you do not have social media, you can also email photos to cscharities@comcastspectacor.com.
 - c. All submissions must be posted/emailed by Sunday, October 23 at 11:59 p.m. EST. Winners will be contacted via either social media or email after the conclusion of the race.