## Frequently Asked Questions

## In-Person Gritty 5K Presented by Penn Medicine: October 4, 2025

*Please scroll down for Virtual FAQs

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.

**Event Details**

What is the event schedule?

- 6:30 AM          Gates Open
- 7:20 AM          Roads Close
- 7:40 AM          Line up in corrals
- 7:50 AM          Opening ceremonies
- 8:00 AM          Confetti cannons pop

**How far is a 5K?**

A 5K is 3.1 miles.

**When is packet pick-up?**

Packet Pick-Up date is TBD. Communication will be sent once a date/time has been finalized.

**Can I have my gear shipped?**

Yes! You **MUST** register by September 7, 2025 at midnight for your gear to ship before race day. Gear will begin to ship in mid-August.

If you register after September 8, 2025, you must pick up your gear at packet pick up. Packet Pick-Up date is TBD; more communication will be communicated once confirmed.

**Where do I park?**

Parking is FREE. Lots will be announced closer to race day.

**Where do I check in?**

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.

**Will restrooms be available?**

Portable restrooms will be on site and bathrooms will be open in Xfinity Live!

**Will there be water stations?**

Yes, water/rest stations will be marked along the route.

**Is there an age limit for participants?**

All participants running or walking on the course will need to register and sign the waiver when registering.

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.

**Where does the race start/end?**

The start/finish line will be inside the Complex adjacent to Xfinity Live!

**Can family and friends come cheer me on?**

Yes! Friends and family are welcome to cheer along the course and hang out in Lot G for our FanFest.

**How can I learn more about the charity/foundation?**

Please visit www.flyerscharities.com for more information and follow us on social media @FlyersCharities.

**What does the money go towards?**

The Gritty 5K benefits Flyers Charities' mission of eliminating financial barriers and reviving play spaces to grow the game of hockey and aiding local families affected by cancer throughout the Greater Philadelphia region.

**Are there prizes?**

Gritty-themed prizes for "Best in Fur" and other categories will also be awarded at the end of the race.

**Can I bring my pet?**

For the protection and the safety of our participants, pets are not allowed at the event.

**Can I do the event with my roller blades?**

No, roller blades are not allowed for everyone's safety.

**Are you looking for sponsors for the event?**

Yes! Email Flyers Charities at CSCharities@comcastspectacor.com for more information.

**Registration FAQs:**

**Are there team signups or just individual?**

Individual signups only.

**If I can no longer attend the race, can I receive a refund or transfer on my bib?**

Unfortunately, refunds and transfers are not available for this event as the proceeds benefit charity.

**What is included with my registration?**

- T-shirt
- Medal
- Flyers home game ticket
    - If you redeem your ticket by Oct. 1, you will also receive a ticket to the preseason game on Oct. 4.
- Bib with timing chip
- The first 1500 registrants will receive a car magnet!

**How do I redeem my tickets?**

You will receive a link to get your ticket in early September. If you have any questions about redeeming your ticket, please contact us at CSCharities@comcastspectacor.com.

**Can I get more than one ticket?**

Additional tickets in the same area can be purchased at a discounted rate.

**What is the cost? Is there a price increase?**

Registration starts at $55 per person. Prices increase as we approach race day.

**Is there a child entry fee? What is the age?**

The entry fee for children 12 and under is $50, 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.

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.

**I have a coupon code. How do I apply it?**

All coupon codes are applied at the end of registration. Please enter it on the 'Review Your Registration' page.

**Do I need an account to login or register?**

Yes, an account will be created upon registration on RunSignup.

**What happens if I lose my bib?**

Please see an event representative onsite or email CSCharities@comcastspectacor.com

**What if I did not get a confirmation email?**

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:**

**Can I walk the 5K?**

Absolutely, walking the 5K course is an option. Participants in the event should be able to complete the course by 9:30am.

**Can I bring a stroller? / Do I have to pay for the stroller?**

Yes, you can bring a stroller for the 5K. Kids in strollers do not need to be registered, but they will not receive race gear. If you want a shirt and/or medal for your child, you MUST register them as a participant.

**Will there be a gear check?**

Gear check will be available in the G Lot.

**Will the event be rescheduled due to inclement weather?**

The event is a rain/shine event. In the event of severe inclement weather, a statement will be made on our social media channels.

**What is NOT allowed on the course?**

Headphones, pets, and rollerblades are not permitted for everyone's safety.

**Is the course certified?**

This course is NOT certified. The course is measured to be about 3.1 miles, but activations can add or subtract from the total distance.

## VIRTUAL Gritty 5K Presented by Penn Medicine

**What is the 2025 Virtual Gritty 5K?**

The 2025 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 in person on Oct. 4.**

**When is the race?**

The event is virtual, participants are able to submit their results between October 4, and October 27, 2025. You are welcome to run (or walk) 3.1 miles at any time, but results will need to be submitted between October 4 and October 27. You are also not required to enter results!

**Do I need to pay to have my gear shipped to me?**

NO! Shipping is INCLUDED in your virtual registration fee. This packet will also include your medal. International shipping is an additional fee.

**When will my gear ship?**

You **MUST** register by September 7, 2025 at midnight for your gear to ship before race day.

Any virtual registrations after September 7 will result in your gear shipping **AFTER** October 5, 2025.

**Can I participate if I live outside of the USA?**

Yes, you can register for the race if you live internationally. There is an additional $25 fee for international shipping.

**How do I submit my results?**

You can submit your results through your RunSignup account. See '**The 5K and Results'** below for more details.

**What do the funds raised from the Gritty 5K support?**

The funds raised during the Gritty 5K benefit Flyers Charities' mission.

**Registration FAQs**

**Do I need an account to login or register for the 2025 Virtual Gritty 5K?**

Yes, an account will be created upon registration through RunSignup.

**Are there team sign-ups or just individual?**

Individual sign-ups only.

**What is included with my registration, and how much does it cost?**

- T-shirt
- Medal
- Option to purchase discounted Flyers home game tickets
- A car magnet, for the first 1500 participants
- Shipping

      o    International participants will need to pay an additional $25 fee to offset shipping costs

**Is there a child entry fee? What is the age?**

Children 12 and under can register for the 2025 Virtual Gritty 5K for $45. Registration includes a medal and a short sleeve tech shirt.

**After I registered, I didn't get the confirmation email. What should I do?**

Check your SPAM folder. If you still have not received the confirmation email, contact Flyers Charities at CSCharities@comcastspectacor.com.

**If I don't end up running or walking the 5K, can I get a refund?**

There will be no refunds if you decide not to participate.

**Gear**

**When will I receive my gear?**

If you register **before** September 8, 2025, your gear will ship in mid-August. Any registration after that date will result in your gear arriving **after** October 5, 2025.

**What to do if my gear still hasn't arrived.**

If you registered before September 7, 2025, your gear will begin shipping in mid-August. If you registered after September 7, your gear will not ship until after October 5, 2025.

If you are worried about the status of your gear, please contact us at CSCharities@comcastspectacor.com.

**The 5K and Results**

**How far is a 5K?**

A 5K is 3.1 miles.

**Do I have to run the 5K?**

No! Run or walk the race at your own pace.

**Can my family and friends complete the 5K with me?**

Sure, make sure everyone follows general safety guidelines.

**Do I have to use a specific app to track my run/walk?**

No, you can use any exercise/fitness app with tracking capabilities to track your 3.1 miles.

**When do I submit my results?**

October 4-October 27!

You can run prior to Oct 4, but we will start accepting results online on Oct 4. After October 27, your results can no longer be submitted on RunSignup, but can still be emailed to CSCharities@comcastspectacor.com.

**Do I have to submit my results?**

No, you are not required to submit results. You will still receive a finisher's medal if you do not submit results.

**How do I submit my results?**

You can submit your results starting October 4, 2025. Once you have completed the 5K, login to your RunSignUp account. Click on "My Races" and scroll to 2025 Virtual Gritty 5K. Click the "Submit Virtual Results" button on the right-hand side to enter your time!