

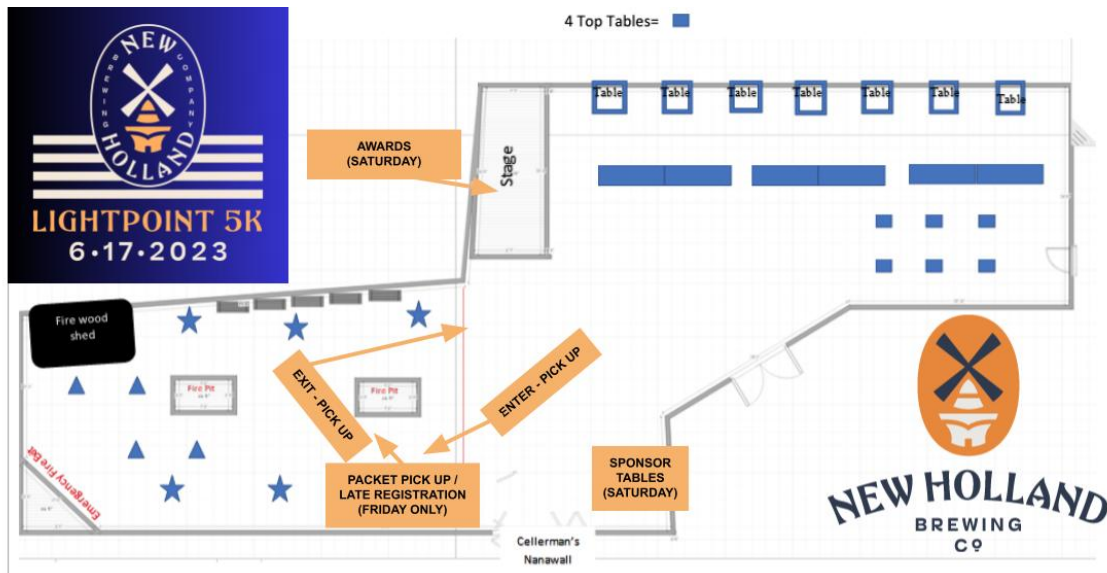
## 2023 LIGHTPOINT 5K ATHLETE RACE DAY GUIDE

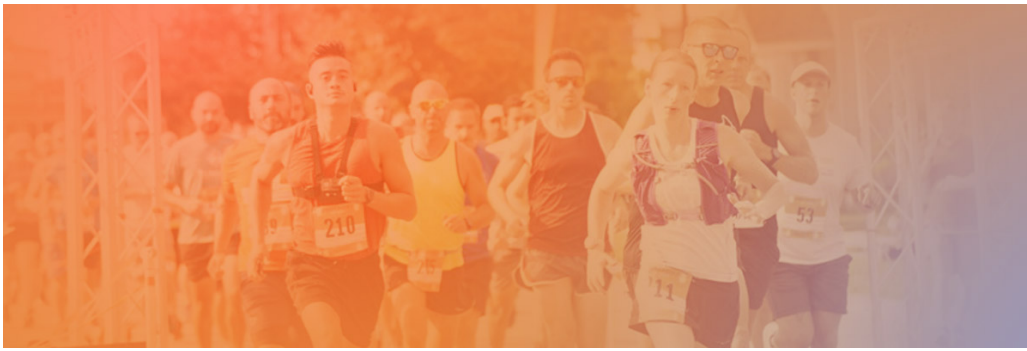
Welcome to the 4th annual Lightpoint 5k presented by New Holland Brewing Company. We are excited to bring you an in-person live racing event here in West Michigan. This is what you need to know:

### SCHEDULE OF EVENTS

#### FRIDAY - JUNE 16:

- 5 - 8 PM: Packet pick up at New Holland Brewing Company - The Knickerbocker (417 Bridge Street NW - Grand Rapids, MI 49504)
  - You may pick up a friend's bib
  - Bibs will be assigned when you check in (Dynamic Bib Assignment)
  - We will have onsite registration





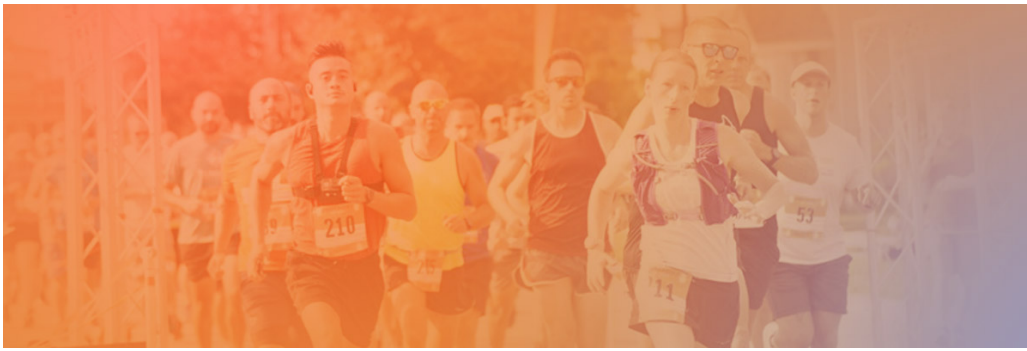
### **SATURDAY - JUNE 17:**

- 7:15 - 8:45 AM - Packet Pick up the Knickerbocker (417 Bridge Street NW - Grand Rapids, MI 49504)
  - You may pick up a friend's bib
  - Bibs will be assigned when you check in (Dynamic Bib Assignment)
  - We will have onsite registration
- 8:15 AM - Announcements start
- 8:50 AM - National Anthem
- 8:55 AM - myTeam Triumph Start
- 9:00 AM - 5k start
- 9:15 AM - Beer Garden opens
- 9:30 AM - Live Music starts!
- 10:00 AM - course closes (per Grand Rapids Police Department)
- 10:15 AM - **AWARDS CEREMONY** - will take place on the stage in the beer garden!

Should you have ANY questions after reading this guide, please email us!

Thank you again for your continued support of the Lightpoint 5k, myTeam Triumph, Grand Rapids Public Schools Foundation, and New Holland Brewing Company!

Lightpoint 5k Race Staff  
(Ben, Devin & Andrew)



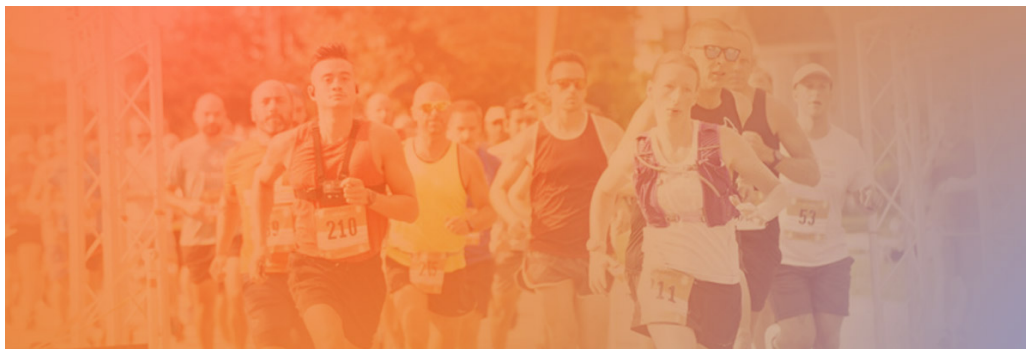
## SITE MAP / TRAFFIC / PARKING

Downtown Grand Rapids has plenty of parking and areas for your warm-up run, stretching, and whatever else you need to do before your race. If you are doing a warm-up run we ask that you do this away from the race course.

## SITE MAP







## PARKING MAP

**Parking Flow**  
Lightpoint 5K  
June 17, 2023

Event will be held at the  
Knickerbocker - New Holland  
Brewing Co - 417 Bridge St

Bike / Bus: Please consider  
using the Rapid or ride your  
bike to the event!

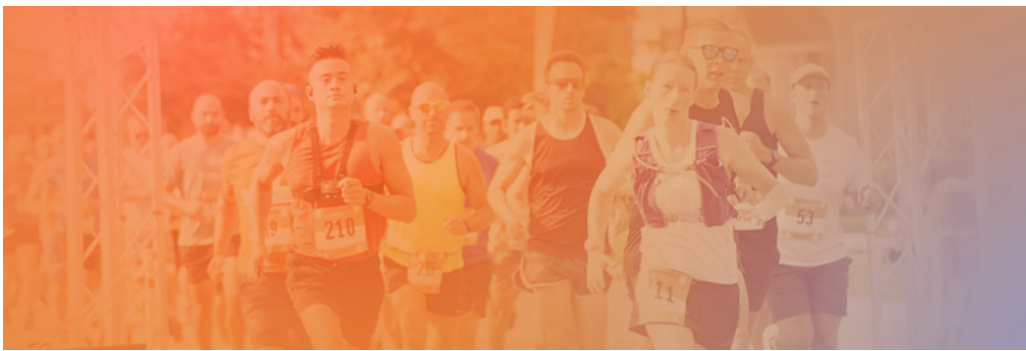
Parking: There are several  
areas around the  
Knickerbocker to park. Most  
meters are FREE on  
weekends. Dash lots available  
around the race area: Lot 7, 8  
& 9. Find more info at:  
<https://www.grandrapidsmi.gov/Government/Departments/Mobile-GR-and-Parking-Services>

Handicap access: Limited  
designated / reserved spots  
can be found at the corner of  
Bridge and Broadway.

## COURSE INFORMATION

The course is well-marked and labeled. Please continue to pay attention to where you are going! Study the course map. **Please do your best to stay and run on the right and pass on the left.** If you are walking the course we encourage you to keep on the right, walking single file, and be aware of runners passing on the left.

Always be aware of your surroundings.



## COURSE MAP / AIDE STATION / MEDICAL LIGHTPOINT 5K - JUNE 17 - START TIME: 9 AM

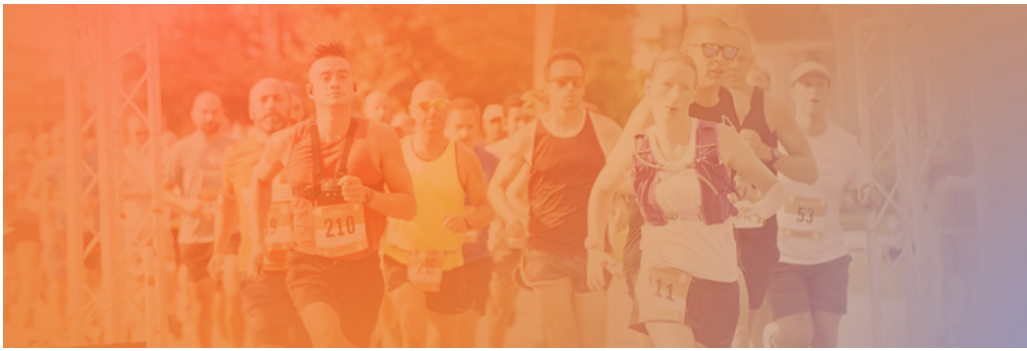


## AWARDS

**OVERALL MALE / FEMALE:** For the overall male and female winners each will receive a \$50 New Holland Brewing Company gift card, receive a coupon to Gazelle Sports for a pair of shoes and socks, and NHBC pint glass! Thank you Gazelle Sports for your support!

**OVERALL MASTERS MALE / FEMALE:** For the overall masters male and female winners each will receive a coupon to Gazelle Sports for a pair of shoes and socks and a NHBC pint glass! Thank you Gazelle Sports for your support!





**AGE GROUPS:** 1st place in each male/female age group will receive a pint glass and \$10 gift card from New Holland Brewing Company 21-29 / 30-39 / 40-49 / 50-59 / 60-60 / 70+. Must be present to receive at the awards ceremony. *Age group awards will not be shipped or available for pick up.*

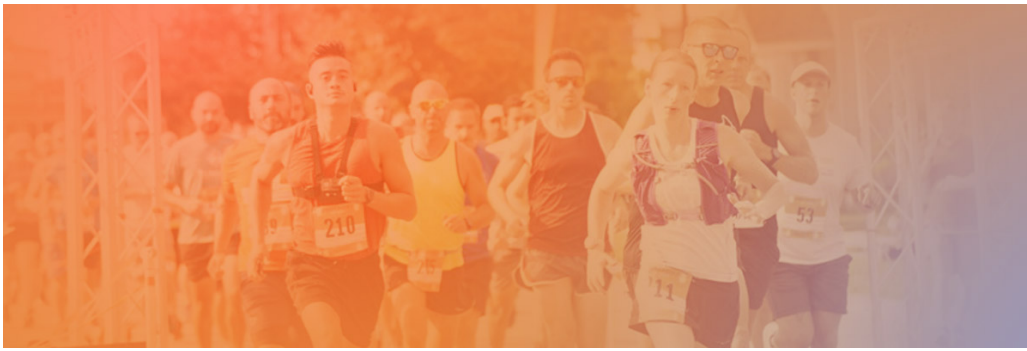
**AWARD CEREMONY PRIZES:** Thank you to RunGR for providing a ONE-YEAR FREE membership to give away and to Cannonsburg for giving away ski, snowboard, and tubing passes! Prizes will be awarded at random bib numbers. ***You must be present to win!***

### RACE DAY MENU

A limited and discounted menu is available for all participants that can be ordered inside and served to your table in the beer garden!



**With your paid entry, you will receive ONE CAN of Lighpoint with your bib ticket. Each Lighpoint draft after will be \$1 WITH YOUR BIB (limit ONE per participant).**



## OTHER LOCAL RACES TO SUPPORT...

We thrive as a racing and running community when we support other local races that support us. Please continue to support our local races, and enjoy a small discount as well! We ALL thank you for your support!

### Run the bridges in September



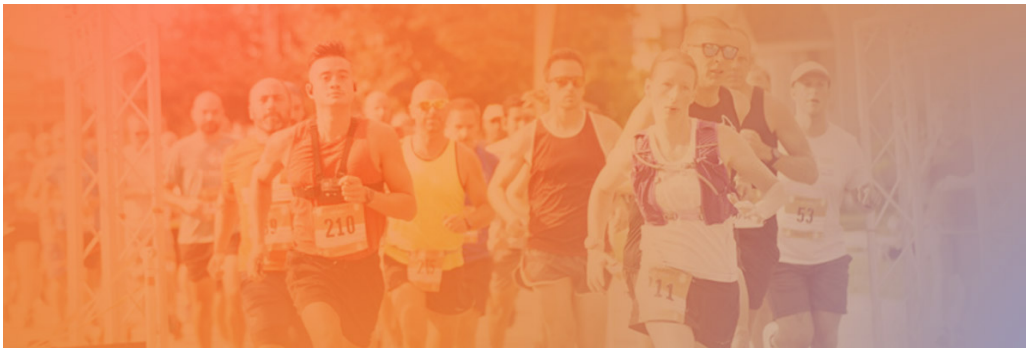
Save 15% on the Bridge Run 5K or  
10 Mile with code  
**"highfive"**  
[www.thebridgerun.com](http://www.thebridgerun.com)

**[LMCU Bridge Run](#) - September 17, 2023** - The Lake Michigan Credit Union Bridge Run has been providing the community with a premier starting line to accomplish goals since 2002 and we invite you to join us in person or virtually to keep the tradition of "running" (pun intended)! Whether you pick the 10 Mile Run or 5K Run/Walk, be assured you will have a great race day experience running through downtown Grand Rapids and of course, crossing the many bridges in the city. **[Register HERE!](#)**



**Use code TAKE10 for 10% off any of the Grand Rapids Marathon events!**

**[Grand Rapids Marathon](#) / [Millennium Meadows](#)  
/ [Last Chance BQ](#) / [Groundhog Marathon](#) / [Run Through the Rapids](#)**



**\$5 off**

until 6/20 w/code:

**LIGHTPOINT**



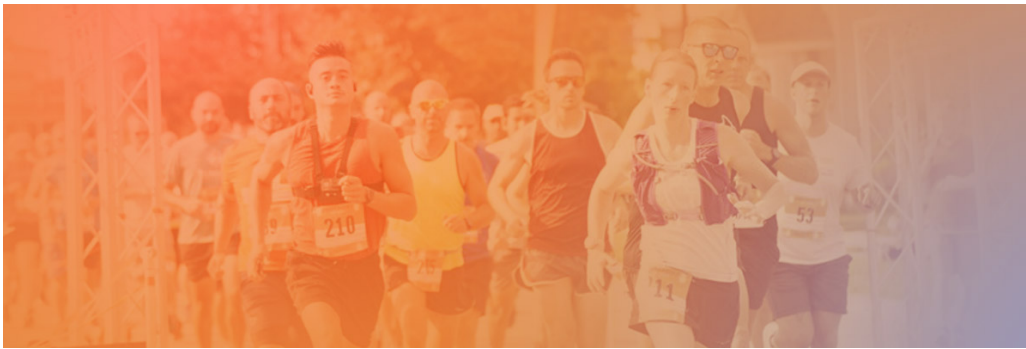
On Saturday, Aug. 19, the 25th annual Mitchell's Run Thru Rockford (MRTR), a 5K Run/Walk and Kids for Kids Fun Run, will take place in downtown Rockford. All proceeds from this event are donated to Parent Project Muscular Dystrophy (PPMD), a non-profit organization dedicated to the fight to END Duchenne muscular dystrophy (Duchenne).

Sign up for this USAT & F certified 5K and bring the kids along for the Kids K. Kids 2-10 can run alongside superheroes and princesses!

Registration is only \$20 through June 23. Use code LIGHTPOINT to receive \$5 off (code good through June 20).

Register for Mitchell's Run thru Rockford [HERE](#).





THANK YOU TO OUR SPONSORS FOR SOME ADDITIONAL DISCOUNTS!

## Moosejaw<sup>™</sup> SHOP COUPON

WE THINK YOU'RE NEAT

# \$10 OFF

YOUR PURCHASE OF \$25

Swing by any Moosejaw shop and show this coupon to the employee to receive \$10 off your full priced purchase of \$25 or more.

*I bet ten bucks that your hair looks really good today.*

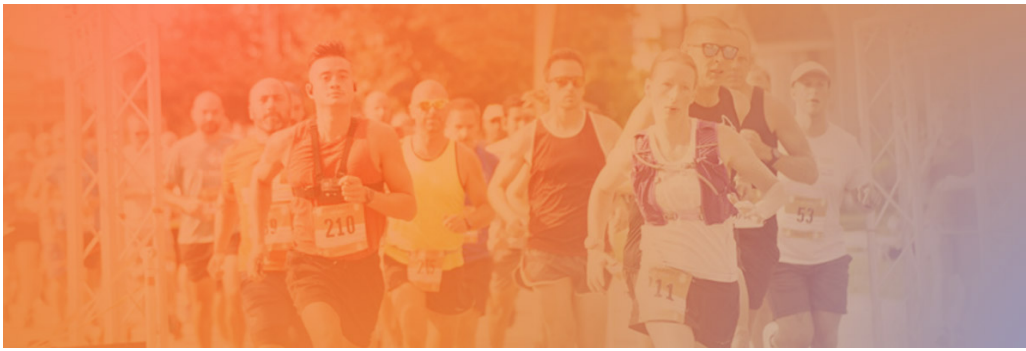
*\*Coupon cannot be combined with other promos. Sorry to be so mean about it.*

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**PARTY PACKAGE SAVE \$60**  
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**ALL 3 SERVICES \$130**

DEAL CODE: PARTY - \*BASED ON A 10K SQ. FT. PROPERTY - SOME RESTRICTIONS MAY APPLY - NEW CUSTOMERS WITHIN SERVICE AREA -



**THANK YOU TO ALL OUR SPONSORS FOR YOUR AMAZING SUPPORT!**

**GOLD**

Julie GR - Clarity Reality  
 Bridge Street Market  
 Cannonsburg Ski Area  
 Moosejaw  
 ICON Signs  
 Gazelle Sports  
 Wolf Kubota

**SILVER**

RunGR  
 Pro Mow  
 Rockford Construction

**SUPPORTER**

Stellafly / Team Stellafly  
 MyTeam Triumph  
 Grand Rapids Public  
 Schools Foundation  
 Revolution Rehab

