

Frequently Asked Questions

Annual Hannah's Heroes of NC Glow Run

When is the race?

The in-person 7th Annual Hannah's Heroes of NC Glow Run will take place on Saturday, October 3, 2026. While the event is traditionally held in September—the month we lost Hannah in a tragic car accident—we had to move the race back by one weekend this year. Virtual participants are still welcome to complete their race during the last week of September. The Glow Run continues to serve as a meaningful reminder that even in life's darkest moments, Hannah's light and legacy continue to shine brightly through our community.

Where is the event located?

The race will be held at:

Festival Park Washington Waterfront
119 Water Street
Washington, NC 27889

What time does the race start?

- **5K Glow Run:** 7:00 PM
- **1 Mile Fun Run/Walk:** 7:30 PM

What race options are available?

Participants may choose from:

- In-Person 5K
- In-Person 1 Mile Fun Run/Walk
- Virtual 5K
- Virtual 1 Mile

Is the 5K timed?

Yes! The 5K is a **chip-timed race** and is **USATF certified 5K**

Are there awards?

Absolutely! Awards will be presented for:

- Overall Male & Female Finishers

- Top 3 Male & Female finishers in each age group:
 - 12 & Under
 - 13–19
 - 20–29
 - 30–39
 - 40–49
 - 50–59
 - 60+
- Family Team Awards for the top 2-person team consisting of one participant under 18 and one over 18.

Is this event family-friendly?

Yes! The Glow Run is a fun, family-friendly event for participants of all ages. Even if you're not running or walking, we encourage you to bring a chair, find a spot near the START/FINISH line, and help cheer on our participants throughout the evening. Hannah's grandparents, aunts/uncles, cousins and friends are often among the biggest supporters on the course, enthusiastically cheering runners on as they cross the finish line.

Are strollers allowed?

Yes, strollers are welcome. For safety, we ask stroller participants to start toward the back of the 5K group. In the Fun Run/1 mile, strollers usually are towards the front.

Are dogs allowed?

Some of our cutest racers have been pets. Well-behaved dogs on a leash are welcome. Please be courteous to all participants and clean up after your pet.

What should I wear?

Wear your brightest neon and glow gear! Glow accessories are encouraged to help light up the waterfront course. We will have a Glow Tent for some fun photos.

Will there be race shirts?

Yes! Participants registered by the event shirt deadline will be guaranteed an official race shirt. Shirt sizes are available in youth and adult sizes.

When and where is packet pickup?

Packet pickup details will be announced closer to race day. We often have a pickup location in Washington and in Greenville the evening before the race. Race day packet pickup will also be available at Festival Park prior to the race.

Is race day registration available?

Online registration is strongly encouraged. Some divisions and award categories may require preregistration. If you register onsite at the race, you will be asked to do so using your mobile device.

Where should I park?

Public parking is available near Festival Park and downtown Washington waterfront areas. Please arrive early to allow time for parking and packet pickup.

Is the course lit?

This is a glow run event held at dusk/evening hours. Participants are encouraged to wear glow gear and reflective items for visibility and fun. There is lighting in Festival Park.

Will roads be closed during the race?

For participant safety, portions of the race route will have temporary street closures and traffic control throughout the event. The Washington Police Department will provide a police escort and assist with directing traffic along the course. Volunteers will also be stationed at intersections to help guide participants and cheer you on throughout the race experience. Please use caution, follow all volunteer and officer instructions, and be aware of your surroundings during the event.

Can I participate virtually?

Yes! Virtual participants may complete their race from anywhere during the virtual event window.

Will there be refreshments?

Yes! Water and post-race snacks and refreshments will be available for participants.

What happens if it rains?

The event will take place rain or shine unless conditions are deemed unsafe by race officials. We will be a bit like Hannah- dancing in the rain.

How does my registration help?

Every registration helps support the mission of Hannah's Heroes of NC. Since its founding in 2019, Hannah's Heroes has provided more than **\$75,000 back to the community** through college scholarships for students pursuing careers in education, support for local children's

programs, school appreciation efforts, assistance for grieving families, and community outreach initiatives.

The organization also leads a kindness campaign each year on Hannah's birthday focused on thanking emergency workers, teachers, and other everyday heroes for the impact they make in our community. In addition, local high school students established a Hannah's Heroes of NC chapter to inspire and empower students to continue spreading kindness and service to others.

Will Hannah's Heroes merchandise be available for purchase at the event?

Yes! Hannah's Heroes of NC merchandise will be available for purchase on race day while supplies last. Participants and supporters will be able to shop a variety of items including Hannah's Heroes apparel, decals, and other event merchandise. Purchasing merchandise is another great way to support the mission of Hannah's Heroes of NC and help continue spreading kindness throughout our community.

How can I become a sponsor?

If you are interested in sponsoring the event, please contact Hannah's Heroes of NC at hannahsheroesnc@gmail.com or complete this online form: <https://forms.gle/2xHDzXrAdaJaB7oq8>

Thank you and #BeaHannah!