



## 2017 Event Day Information

### PLEASE READ THIS ENTIRE EVENT DAY INFORMATION

- Participants, volunteers and spectators should review online communication related to Event Weekend including **Parking/Traffic** information, **Adverse Weather/Medical Policies** and the **Event Alert System** at [www.53riverbankrun.com](http://www.53riverbankrun.com).
- Unnecessary baggage should not be brought to the event as random bag checks by security personnel will be in place.
- Participants must check items they will not be running/walking with in an Official Clear Gear Check bags received at event check in (no personal bags accepted). **Official Gear Check** is in DeVos Place on Saturday.
- Participants may pick up checked belongings from Gear Check until 12p in DeVos Place.
- Items left near the Start and Finish lines will be removed and disposed of by security personnel.
- Personal belongings should not be left unattended.
- Unattended bags and/or suspicious activity should be reported to the nearest security personnel.

### Aid Stations

- Pre-event Aid Stations are located outside of DeVos Place on both sides of Monroe Ave. with water and petroleum jelly.
- Official Aid Stations on the 25K course are available every 1.5 miles featuring water and Gatorade. Orange slices and ice are added after the 25K half-way point near Veterans Memorial Drive and Butterworth. Clif Energy Shots (Strawberry and Vanilla) located at approx 6 miles.
- Three Official Aid Stations along the 10K course are offered at miles 2, 3.5 and 5.
- One official Aid Station is located near mile 1.5 on the 5K Run/5K Community Walk course. One canine water Aid Station is available just past the Official Aid Station (near 1.5 miles). Please bring your own doggy dish or use a disposable dish provided.

### Awards

- 25K, 10K and 5K Run Awards
  - Age divisions for males and females are: 13 and under\*, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+ (\*10K and 5K Run only). 25K awards will go five deep in each age division. 10K and 5K Run awards go three deep in each age division. *All awards will be mailed to winners within 20 business days after the event.*
- 5K Community Walk
  - This event is non-competitive and no awards are offered.

### Cancellation or Delay of the Event / Event Alert System

- The Fifth Third River Bank Run and/or Fifth Third Junior may be delayed or cancelled due to adverse weather.
- STAR 105.7, WOTV4 and the event staff and announcers will communicate any delay and/or cancellation of **Fifth Third Junior on Wednesday, May 10 in Wyoming.**
- NEWSRADIO WOOD 1300 AM & 106.9 FM and the event staff and announcers will communicate any delay and/or cancellation for the **Fifth Third River Bank Run on Saturday, May 13.**
  - **Event Alert System (EAS)** - communicates the status of course conditions to participants on event day through colored flags displayed at Start/Finish and Aid Stations. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based on a variety of factors, including weather conditions. Social media and website communications during event week will inform participants of the current Event Alert System status and provide preparation tips based on advance weather forecasts.
- For more information on Adverse Weather Policy and EAS, please go online to [53riverbankrun.com](http://53riverbankrun.com).

### Changing Events

- Registered participants may change the event for which they are registered at the Amway Sports & Fitness Expo in DeVos Place on Friday, May 12 from 11a to 8p or on Saturday, May 13 at DeVos Place beginning at 6a. Those who participate in an event other than the one they are registered for will not be scored and not be included in the Official Results.

## Charities

- If you have raised money for an affiliated charity or want to check them out, please visit them at the Amway Sports & Fitness Expo on Friday from 11a-8p or Finish Fest on Calder Plaza on Saturday from 7:30-2p.

## Digital Time Clocks

- Digital time clocks are available on the 25K course at every mile and the halfway point, and are also placed on the 10K and 5K courses at every mile.

## Finisher Gifts

- All finisher gifts will be awarded to participants when they cross the finish line.
- 25K Relay finisher gifts will be given to the 1<sup>st</sup> leg participant on the bus to distribute to other group members.
- A Finisher Gift tent will be located just outside the Post-Race Refreshments, if you missed receiving one.

## Finish Line Procedures

- You must continue running or walking until after you cross the finish line.
- Successful finish guidelines:
  - Participant bib must be visible on the front of shirt. Participants not wearing participant bib with appropriate timing device will not be scored. Participant bibs/B-Tag or D-Tag will not need to be returned following your event.
  - Participant bibs cannot be transferred or exchanged because each is assigned to specific participants.
  - Participants cannot re-cross the finish line after completing their event as this will trigger erroneous times.
  - Unofficial finishing times will be displayed directly above the finish line.
  - To access (unofficial) results, scan the QR code on the front of your participant bib to immediately access your results and share via social media.
  - 25K times will be recorded for 3.5 hours and course services provided to participants maintaining this pace (approximately 14 minutes per mile). 25K participants not maintaining a 3.5 hour finishing pace are participating at their own risk without event services. Participants finishing after 3.5 hours will be considered unofficial and will not be included in the Official Results that are posted on the website.
  - Refreshments will be available to participants after they have passed through the finish area.

## Gear Check

- Complimentary gear check will be available in DeVos Place (Hall B) on Saturday morning beginning at 6a. Simply attach the gear check tab from your participant bib to the Official Gear Check bag. Claim your gear in DeVos Place no later than 12p.
- ***Fifth Third Bank cannot be held responsible for any lost or stolen items. Participants are responsible for any clothing articles they choose to discard along the course.***

## Information

- Traffic, parking and weather information will be provided by NEWSRADIO WOOD 1300 AM & 106.9 FM and on ESPN 96.1 from 6-8a followed by Wire to Wire live event coverage on both stations on Saturday.
- The **Welcome Center** is available on Friday (11a-8p) and on Saturday (6a-10a) inside the Amway Sports & Fitness Expo (Hall A & B) in DeVos Place to assist with event-related questions and directions.
- An **Information Tent** is available on Saturday until 12p near Calder Plaza. Information Tent staff will be available to address all your event-related questions. **Event Information staff** (wearing orange vests) are located on the corners of major intersections and entrances to parking ramps in the immediate downtown area to answer questions and provide directions.

## Locker Rooms

- Free shower locker facilities are available to participants at the David D. Hunting YMCA, 475 Lake Michigan Drive, from 6a to 2p, on Saturday. Simply show your participant bib at the front desk! Parking at the YMCA is not available to non-members (parking available in Dash Lot 7).

## Finish Fest

- Celebrate with other participants, friends, family and volunteers at the **free** Finish Fest on Calder Plaza from 7:30a to 2p. Located adjacent to the finish line, it will feature Buffalo Wild Wings concessions, beverages, and live music from Great Scott Band! **Free admission and open to the public!** Random bag checks will occur at the entrance.
- All event participants will receive one ticket for a well-deserved beverage of choice. **ID required for beer.**
- Mich Ultra, Perrin No Problems IPA, Black Cherry & Grapefruit IPA, Bud and Bud Light bottles (**ID required**) and Ice Mountain water and Pepsi products will also be available for purchase. (**cash only**).
- Buffalo Wild Wings will offer 2 Slammers (pulled pork or burger), boneless wings with chips & gourmet cookie for \$8 (**cash only**). Items also available for purchase separately.

## Parking

- Listed below are a few of the Grand Rapids parking facilities close to the event area downtown. For additional parking details, please go online to [53riverbankrun.com](http://53riverbankrun.com):

- DeVos Place (entrance located on Michigan Ave. across from the post office)
- Monroe Center Ramp located on Ionia Ave. (between Louis Street and Monroe Center)
- Ottawa-Fulton Ramp on Fulton Street (enter off Ionia Ave. between Fulton Street and Louis Street) as Ottawa Street will be closed
- Government Ramp entrances off Monroe Ave. are available until 5:30a and reopen after 10:30a
- Bridgewater Place Ramp on Scribner Ave. is available until 6:45a and will reopen after 10:30a
- 210 Ionia Street is available until 6:45a and will reopen after 10:30a

#### Relay Exchange Zones

- 25K participants should be aware of the 25K Relay Exchange Zones located on Butterworth Street and Wilson Ave. and on Butterworth Street and O'Brien Road. Relay participants will be merging off and on the course at these Exchange Zones.
- Relay participants running legs #2 and #3 should be on the appropriate transport bus located on Michigan Street between Monroe Ave. and Ottawa Ave. Rides will leave downtown at 8:15a (leg #2) and 8:30a (leg #3) for the Relay Exchange Zones.
- Water and post-event refreshments will be available on the busses that will return participants running legs #1 and #2 to downtown. Participants should plan to reunite with their leg #3 participants in the Finish Fest on Calder Plaza.
- The bus for leg #1 participants will leave the Exchange Zone at 9:30a to take finishers downtown.
- The bus for leg #2 will leave the Exchange Zone at 10:45a to return participants downtown.

#### Restroom Facilities

- Regular and handicap portable restrooms are conveniently located near the Start Line, along Monroe Ave. toward Michigan Street, near Official Aid Stations on all event courses, in the Finish Line area and at the Finish Fest on Calder Plaza.

#### Results

- Official results will be available at [53riverbankrun.com](http://53riverbankrun.com) after 4p on Saturday, May 13. **Please note:** Participants finishing after the finish line is closed (approximately 12p) will be considered unofficial and will not be included in results posted at [53riverbankrun.com](http://53riverbankrun.com)
- Instant Results powered by Starbucks Doubleshot Protein. Fifth Third River Bank Run 25K, 10K, 5K and 5K Walk participants can scan the QR code located on their participant bibs immediately after crossing the finish line to receive and share their results (*unofficial*) via social media. Each participant can also scan their bib's QR code after going over any timing mats available on their course and then share their progress with friends and family.
- Live Tracking and Progress Alerts with the RaceJoy app ... powered by Starbucks Doubleshot Protein!  
GPS Progress Alerts  
 Receive GPS-based progress alerts at mile points on the course for current pace and estimated finish time, post to your Facebook and Twitter walls and have friends and family track your performance.  
Live GPS Tracking  
 supporting spectators can track your blue dot moving along the course from home or at the race site, NearMe proximity alerts notify spectators when you are drawing near and find each other using RaceJoy's MeetUp tool.  
Send-a-Cheer  
 Receive fun, motivational audio cheers from your supporting fans and start sending cheers to others doing the race at any time.

#### Spectator Hot Spots

- Start Line on Monroe south of Pearl Street
- Market Street South of Fulton
- Johnson Park
- Veteran's Memorial Drive
- John Ball Park
- Finish Line at Ottawa Ave. and Lyon Street (some bleacher seating will be available on northwest and northeast corners)

#### Spirit Station Competition Voting

- Vote for the Spirit Station who inspired and/or motivated you along your quest to the finish line at [53riverbankrun.com](http://53riverbankrun.com) until 11:59p on Friday, May 19. Cash donations of \$500, \$300 and \$200 will be awarded to top three nonprofit groups.

#### Staging Area / Start Lines

- **5K Run presented by Dematic Staging Area** is located on Monroe Ave. near Lyon Street for the 7:00a staggered start.
- **10K presented by Amway Staging Area** is located on Michigan Ave./Bridge Street between Monroe Ave. and Scribner Ave. For 7a or later arrival, this staging area will move onto Monroe Ave. for the 7:40a staggered start.
- **The 25K Staging Area** is located on Michigan Ave./Bridge Street between Monroe Ave. and Scribner Ave. For 7a or later arrival, the staging area will move toward Monroe Ave. for the 8:20a start. *For the safety of all 25K, 10K and 5K runners, baby joggers, bicycles, inline states, skateboards, scooters and animals not allowed in these events.*

- **5K Community Walk Staging Area** is located on Bridge Street near Scribner Ave. The 5K Walk will move toward the start line on Monroe Ave. behind the 25K staging area. *Baby joggers, bicycles, rollerblades and dogs are welcome in the 5K Community Walk.*
- Gates will be marked with blue gate signs for access into designated pace-per-mile start corrals on Monroe Ave.
- Volunteers will be holding pace-per-mile signs (25K, 10K, 5K Run only). Enter the corral at the gate behind the appropriate pace signs and move forward. Volunteers will be posted at each gate to assist you in getting into the start corral.
- Event Start Times:
  - 7:00a 5K Run-presented by Dematic – staggered start (every 2-3 minutes)
  - 7:40a 10K Run presented by Amway – staggered start (every 2-3 minutes)
  - 8:15a 25K Handcycle Division
  - 8:16a 25K Wheelchair Racing Division
  - 8:18:30 25K Elite Women USA 25 km
  - 8:30a 25K Run and USA 25 km Open Championships
  - 8:45a 25K myTeam Triumph participants
  - 9:00a 5K Community Walk

#### Start Line Procedures

- The Chronotrak B-Tag or D-Tag, the event's timing device, will be part of your participant bib you will receive at Event Check-In at DeVos Place on Friday Saturday. Please attach your participant bib (with B-Tag or D-Tag included) to the front of your shirt and it does not need to be returned following your event.
- Based on USATF rules, participants wearing listening devices will not be eligible for prize money in the USA 25 km Open Championships.
- Event volunteers with minute-per-mile pace signs will be posted at 100-ft intervals along Monroe Ave. Take your place at the Start (25K, 10K or 5K Run) based on the pace you can maintain for the entire event.
- 25K Pacers from Gazelle Sports will be available in the 7-12 minute/mile starting areas. Look for their yellow signs and feel free to run with them to stay on your pace during the 25K event.
- Elite Athletes will be placed in a specified start area per USATF rules.
- Two Hour Club members will be placed in the area indicated by signs at the Start Line.
- 5K Run *presented by Dematic* participants should line up at the 5K Run Start Line in front of the 10K participants.
- 10K *presented by Amway* participants will line up behind the 5K Run participants and will be moved to the 10K Start Line ahead of the 25K participants.
- 25K participants should line up behind the 10K and 25K wheelchair/handcycle participants.
- 25K myTeam Triumph participants should line up just ahead of the 5K Walk participants.
- 5K Walk participants should line up after the 25K myTeam Triumph participants (*5K speed walkers at the front of 5K Walk*).

#### Two Hour Club Hospitality, hosted by ITC

- All participants who finished in two hours (2:00:00) or less on May14, 2016 and registered as a Two Hour Club member receive preferred positioning immediately behind the elite athletes.
- ITC is hosting Two Hour Club Hospitality in Gillett Auditorium at Fifth Third Bank, adjacent to the 25K starting line, from 6a-12p. ITC Two Hour Club participants will enjoy private gear check (gear check bags provided on-site), private restrooms and refreshments prior to the 25K, along with networking with other ITC Two Hour Club members. ITC Two Hour Club participants must show their Two Hour Club bib for access through the Fifth Third Bank doors on the plaza near the corner of Lyon Street and Monroe Ave. Random bag checks will occur at the entrance.

#### MEDICAL ASSISTANCE

If medical attention is required on the event courses or at the Finish Line, medical staff is available to treat minor injuries and provide basic support. Insurance liabilities mandate that should a participant require and consent to an IV for fluid replacement or treatment of serious injuries, they must be transported to a local hospital at their own expense. Therefore, we urge you to abide by the following guidelines to prevent the need for such treatment.

## MEDICAL INSTRUCTIONS FOR PARTICIPANTS

**ATTENTION PARTICIPANTS:** In an effort to make the Fifth Third River Bank Run safe and enjoyable, please read the following medical guidelines carefully. It is important that participants be adequately prepared. Entrants who have not prepared themselves with proper training should not attempt the 25K course.

- **PREVENTION OF PHYSICAL PROBLEMS:** Avoid exercising to exhaustion within the week preceding your event. Remember, you will be participating on yesterday's meals. Avoid fatty foods on event day. Athletes are encouraged to consume carbohydrates for 3-4 days prior to their event.
  - Pre-run warm-up should be followed by stretching exercises of the calf, hamstring, quadriceps, groin and trunk muscles. If you begin to feel muscle tightness or cramping during your event, stop and stretch.
  - Blisters can be prevented by wearing well-fitted, broken-in shoes and soft light-weight socks with toenails trimmed. If you feel a hot spot developing, stop at an Aid Station for care.
  - Chafing occurs where clothing rubs against the skin and can be prevented by wearing loose-fitting clothing and/or by applying petroleum jelly or protective bandaging to susceptible areas such as nipples, armpits, neckline, groin and feet.
  - You will be one of many participants, so run/walk defensively. Watch out for other participants and yield if necessary.
- **PACE YOURSELF:** Don't burn yourself out by starting too quickly. Common sense is the key.
- **FLUID REPLACEMENT:** Maintenance of adequate hydration is the most important preventive measure. However, when exercising in hot weather consider the following:
  - Don't **over-drink**. In longer runs/walks, sweat which contains both water and electrolytes is lost. Both need to be replaced to avoid medical complications. To avoid this problem, we suggest the following:
    - Drink 16 oz of fluid 1-2 hours prior to the start of your event.
    - Drink another 8-16 oz ½ hour prior to the start of your event.
    - During your event, drink no more than 3-6 oz per mile (i.e. 3 oz if you weigh about 100 lbs or 6 oz if you weigh about 200 lbs).
    - Adjust the rate of fluid intake to your event pace, i.e. slower event pace=slower drinking rate (8 min pace=10-12 oz/20 min; 9-10 min pace=8 oz/20 min); over 10 min pace=4-6 oz/20 min). There are many Aid Stations along the course – you do not have to drink at each one.
    - Consider using a sports drink (such as Gatorade) to replenish fluid – it has electrolytes.
    - Water will be available at the Pre-Event Aid Station just outside DeVos Place on both sides of Monroe Ave.
    - Water and Gatorade are available at every 25K aid station located at 3, 4.5, 6, 7.5, 9, 10.5, 12, 13.5 and 14.5 miles.
    - Orange slices and ice will be added after the 25K half-way point near Veterans Memorial Drive and Butterworth.
    - Three official Aid Stations along the 10K course will be available at 2, 3.5 and 5 miles.
    - One Aid Station will be available at approximately the halfway point on the 5K Run/Walk course.
    - Gatorade, water and post-event refreshments are available in the finish area.
- **ANTI-INFLAMMATORY:** Be cautious about taking an anti-inflammatory (Motrin, Advil, Ibuprofen, Aleve) 24-hours prior to your event. During exercise, the kidneys play a key role in regulating electrolytes to prevent dehydration. Anti-inflammatory affect the kidneys ability to regulate these electrolytes and can cause other medical problems. Tylenol may be okay.
- **INFORMATION TENT:** Located on Calder Plaza, staff can contact the Medical Area (located near Lyon Street/Ottawa Ave.) for the whereabouts of any participants that have dropped out or have been transported to a hospital. **Please inform family or friends of your participant bib number as this will assist in finding you in case of an emergency.**