

When can I pick up my packet before the race?

Packet pickup is Thursday, May 31st, from 5-8pm, as well as Friday, June 1st, from 2pm – 7pm - both inside the hall at St. George's Orthodox Church at 2 Nottingham Terrace, Buffalo, NY 14216. You will be able to park in the lot if you arrive on Thursday evening for your packet pick up, but not on actual event day, as the lot is set up for the event. Event day packet pick up can be very busy, and there may be lines. Please give yourself enough time.

What is in my packet?

Your packet will include informative materials from our event sponsors, your food/beverage bracelet, hot dog ticket, and your race bib & pins. 5k race bibs are electronic chip timed, walker bibs, are not chip timed. *Free race t-shirts are not included with your packet this year, except if you earned swag from online fundraising to help support the event cause.* If you earned swag (like a shirt, or more), you will be directed to another area in the hall, to pick up your items, sorted by your individual name. If you want a cool race shirt, water bottle or other merch, be sure to bring your credit card/cash and visit our merchandise area to purchase for your event keepsakes! Every purchase helps us to reach our fundraising goal of \$100,000 for the event. We appreciate the support of each and every person attending, sponsoring, raising donations and participating!

Is there somewhere on site I can stow away and store my personal belongings?

There is not a designated space to store any individual's personal belongings. Please plan to retain your items during the event and/or give yourself time to put in your vehicle and return in time for the appropriate walk and run start times.

Do I need my ID?

Yes, please bring government issued photo ID, in the event, you need to present it for packet pick-up and/or for the beer garden area.

I didn't register in time online, but I want to attend after all! Is walk up registration allowed? (Online registrations ends on May 30th.)

Yes, we will be able to accept walk up registrations for both the walk and the 5k! We accept cash, check and credit card for payment types. This will include your bib, food/beverage and access to all the activities and entertainment provided during the event.

Race day registration fees are as follows: \$30.00/walker and \$35.00/runner. Children's pricing will remain the same as pre-registration: 0-5 years old are free, 6-12 years old \$15/each person.

What time does the race start?

The Wellness Walk starts at 6:30 pm on the cinder path inside Ring Road in Delaware Park. Look for the START flags for the line up. The 5k Race begins promptly at 7:15pm, farther down

Ring Road. Give yourself plenty of extra time to get your materials, and make your way to the line to stretch and prepare before you begin racing.

Where can I park?

Please plan accordingly and give yourself ample time to find parking on the streets around and within Delaware Park near St. George's Orthodox Church, since **there will not be a designated parking lot, nor shuttle services, available for the race.** Nottingham Terrace, Ring Rd (within the park), or nearby side street parking is suggested. Make sure to pay attention to posted street signs for restricted parking areas. The organizers of this event are not responsible for parking tickets you may receive if parked illegally, so please check nearby signs before you park your car.

Where is the starting line?

The starting line is not at the same location as the check-in and after party site, so you will need to allow yourself extra time to get down to the starting line, after you have parked and collected your race materials at check-in. There are different starting lines and times, for the Wellness Walk and the 5k Race. We will have volunteers at the check-in site that will direct you to the starting lines, as needed.

What is the walk path and the 5k race course?

The walk: will be one complete loop around Delaware Park, inside of Ring Road, located on the cinder path. That loop equals 1.8 miles of walking. The course is relatively flat with one slowly graded hill going upward during the walk. Be mindful of cars, people and other nearby traffic while walking. Walkers are asked to stay on the cinder path during the entirety of the walk.

The 5k run: will occur on Ring Road, inside of Delaware Park, for the entirety of the course. The course does not exit the park, due to high traffic volume in the surrounding area for a typical Friday evening. We wish to do our best to ensure everyone's safety. Please be careful and mindful of any vehicles that may be trying to exit the park during the 5k. Event organizers do their best to work with Buffalo Police and other officials to section off the race path, but each participant is responsible for their own safety, and should pay attention to all surrounding traffic outside of the event's control.

Typical rule of thumb to remember: walkers to the right, and runners stay to the left. Please do not block left side of the running path with strollers or groups of slower moving people.

Where will I find my race results?

Score-This!! Timing services will provide lists of all runners, which will be posted on the hall building, shortly after the completion of the 5k (approx. 8pm). Medals to the top first, second and

third place runner for males and females, in the various age categories, are available at the medal distribution table near the music tent. The winning runners must present themselves (not someone else to collect), and have their name checked off the winning lists, in order to receive their medal. If a winner does not collect their medal on race day, they may contact Angeline Woodworth by email: angie@compeerbuffalo.org to schedule a time to pick up their race medal.

5k Results and Race Rules

For any timing concerns or questions, please contact Score-This (www.score-this.com) in order to address them. They are the official score-keepers of the finish line and chip timing which determines awards for the 5k. Their staff does their best to provide timely and accurate results. Make sure you are properly running over the electronic mat at the start and finish, in order to accurately record your time. ***Cheating and/or running a distance any less than the certified race course itself, may result in a runner being disqualified from the top race prize and any awarded medals. Race officials, and Score-This officials have the authority to make this determination and make the final decision to disqualify a runner.*

The walk is not a timed race, and no times will be provided.

Can I bring my dog to the race?

We want to ensure every person has a positive experience and some children may feel frightened and are sensitive to the presence of dogs, therefore dogs and other pets are not allowed at the event. Trust us, we love dogs and would love to see a photo of your family pet in their superhero costume, but for safety reasons cannot allow them to participate in the race this year. Please use your best judgement and leave your pets at home.

Can we bring strollers/wagons/scooters to the race?

Strollers/wagons/scooters can all pose a potential safety risk to surrounding runners and walkers, however, we understand their need in order to have little ones participate with their family. We request that strollers are limited to the Wellness Walk. If you plan to run the 5K Race pushing a running stroller, please position yourself at the very back of the running group so competitive runners can safely participate/race, without having to navigate around a large crowd that has strollers in the path. This is a certified and sanctioned 5k, with a prize to the top overall male and female runners. Please be mindful of the serious runner's experience, and allow them to race as quickly and safely, as possible.

Will food be provided?

Yes, there will be hot dogs, bottled water and snacks available to all registered participants. Hot dogs are limited to one complimentary hot dog, per registrant. You will find your ticket in your packet pick up. Hot dogs will not be administered to guests without a ticket. Additional event

attendees who are not signed up to participate in the walk/run can purchase a food bracelet for \$5 or a food and drink bracelet for \$10, look for the merchandise tent on site to buy them.

Additionally, there will be food trucks on site, where people can purchase additional food/beverage, at your discretion.

Are there bathrooms on site?

Yes, there will be several portable toilets located on the grounds of St. George's Orthodox Church, including a handi-capped accessible portable toilet, and hand-washing stations. There is no public restroom available inside of the church building.

Is this event suitable for children?

Yes! This is a very family friendly event. There will be many activities for children at the after-party including a kids tent with face painting and craft making, a bounce house, superhero photo opportunities, the Blue Cross Blue Shield Healthy Zone Cruiser, costume contest and more!

Can I wear a costume?

Yes! We encourage everyone to get creative and dress up as their favorite superhero or create a brand new superhero of their own! Team costumes are also encouraged. If a costume seems to be a challenge to make, we certainly love seeing the superhero t-shirts, tutus, funky socks, masks, and capes! Please remember little children are in attendance, so please ensure your attire is kid-friendly and appropriate for the event.

How late does the event go until?

The after-party will go until 10:00 p.m. The event ends officially at 10:00pm.

Remember to Exercise Safety & Good Judgement

Please enjoy the event safely, and commute to and from the event in a safe and appropriate manner. If a participant consumes any alcoholic beverage at the event within the sectioned off service area, please abide by New York State laws and do not consume alcohol and operate a motor vehicle. Please contact a ride sharing service, cab, or have a sober friend or relative get you home safely. If you do not have someone to help you secure a safe ride, contact a race volunteer, who can help you locate a safe ride home. Race organizers, Compeer and The Mental Health Association of Erie County, St. George's church, race sponsors and affiliates are not responsible or liable for any accidents, injuries or deaths that may result from unsafe and/or illegal behaviors either during, or immediately following the Buffalo Superhero Race & Wellness Walk.

