Do I have to register twice for the 5K and 10K if I want to run them both?

- No, participants can run all three (1Mile, 5K and 10K) with the same chip, no additional registration is needed.

Can I push a stroller in the 5K or 10K and do I need to pay for the child riding in the stroller?

- Yes, strollers are allowed but need to start at the back of the pack. The child riding in the stroller does not need to register as long as they remain in the stroller. Any child running needs to register.

Where do I park?

- The parking lot is blocked off for the duration of the event. Volunteers arriving early may be able to find a parking spot in the back lot but will not be able to get out until the event is over. Race participants should find parking in the adjacent neighborhoods and allow extra time to walk in to register.

When can I pick up my chip?

- Packet pickup hours: Friday, July 24 from 4:30-7:00 p.m.
                            Saturday, July 25 beginning at 6:30 a.m.

When does registration close? Is there a price increase if I miss online registration?

- Participants can register online until noon on Friday, July 24th. Late registration is open Friday night from 4:30 – 7:00 pm and on Saturday morning starting at 6:30 am up until the time of each race. There is no price increase, but we encourage everyone to register early and avoid the crowds at late registration.

What is the race route? Where does it start?

- A map is available on our website and is also posted inside the Y near the Welcome Center. All races start on Sherman Ave between Mulligan's Drive and Sand St.

Are the race shirts the same as last year?

- Yes... same style shirts as last year. There is an option for a UNISEX size and a Women's cut shirt which is more fitted and has a cap sleeve... but it relatively true to size.

Who can register as a family to get the 4 for $65 rate?

- A family is considered two adults and two children or one adult with three children. It is not meant to be used for a group of friends or a group of distant relations.