

## Down with Anytime – 5K – FAQ

### **What is the distance of the race?**

5K – 3.1 Miles  
Kids Race – 100 Meters

### **What are the start times for each event?**

5K – 9:00 a.m.  
Kids 100 Meter Race – After the 5K

### **Am I allowed to use my MP3 player during the race?**

For the safety of all on the course, we strongly recommend you do not use portable music devices on the course.

### **How many aid stations and what type of fluid replacements are offered?**

There will be a water and first aid station at approximately the mid point of the 5K race.

### **Are there any post-race medical attention/massage therapy and locations?**

There will be medical support at the Start and Finish Line Compound and at the aid station along the course. We will also have massage therapists at the Finish Line Compound to help relax & loosen up tight muscles.

### **What kind of food/drinks are at the finish line?**

There will be water, sports drinks, hot chocolate and coffee at the finish line. We will also provide fruit and granola bars.

### **Will portable bathrooms be on the course?**

No. Those needing to use the restroom can use the restroom inside of the Anytime Fitness Gym.

### **Will Gear Check be available?**

No.

### **Are there Timing Chips & Race Numbers?**

All runners will wear a race bib. Runners will not wear chips for timing.

### **Will there be Vaseline on the course?**

Yes, at the aid stations.

### **What kind of shirts will the runners receive?**

All runners will receive a runner's t-shirt.

### **Will there be pacers on the course?**

There will be no pacers, but there will be a lead off scooter and to ensure course accuracy.

### **Where are good places for my family to watch the race?**

The best place is at the Start and Finish Line Compound near the Anytime Fitness Gym

### **When is Packet Pickup?**

Packet pickup will take place both at the gym on Friday, October 11 from 12:00 p.m. to 6:00 p.m. If you are unable to pick up your packet on Friday, you can pick it up the morning of the race starting at 8:00 a.m.

