



What to Expect on Run Day

Send Off

We ask that you arrive at the Court House at about 7:00. There is parking and restrooms available at the United Methodist Church one block west of the court house. There will be charter busses in front of the courthouse. They will be with us all day. You can put your things anywhere on either bus (no assigned seating). Report to the check-in table on the court house lawn and turn in any remaining donations. We will gather on the court house steps at 7:30 for a group photo and a send-off, and we will start running at 8:00 sharp.

Running

The entire course is 30.7 miles, divided into 18 segments (each between 1.0 and 2.7 miles). At the end of each segment is a "checkpoint." Throughout the day the busses go on ahead of the running group to the next checkpoint. Runners may get on or off the bus at each/any checkpoint (the running group stops for 5 minutes at each checkpoint). Therefore, you may run as little or as much as you want (we have had people run the first and last miles only, and we have people run the entire course).

While we are running we will have two police escorts (one in front and one in back). We will also have a "chase vehicle," which follows just behind the running group. The chase vehicle plays music the entire day and is available to runners who are unable to finish a segment. Should a runner get tired/hot/sick/injured during a segment, he or she can get in the chase vehicle, which will drive him or her to the next checkpoint where he or she can get back on the bus.

We will have a designated (and clearly marked) pace setter for each leg. No one is allowed to pass the pace setter. This ensures we do not get too spread out (for safety reasons) and ensures that we are running as a group at the slowest runner's pace. Remember, this is primarily a fundraising event to help kids with cancer. It is not primarily a running event. We will, however, have two designated "fast legs." We ask that runners only participate in these legs if they are comfortable running 9-minute miles.

Food/Hydration

We will have ample snacks (fruit, granola bars, etc.) and cold drinks (water and assorted Gatorade) all day for everyone. You are welcome to bring anything else you would like to have. We also take a 40 minute break for lunch. Sandwiches/chips/cookies will be provided. Friends and family are welcome to join us for lunch and hang out, but we only provide food to the runners.

Friends/Family

A route map and route description (which includes times) are published and provided in advance, and we feature live tracking on run day, so your friends and family will know exactly when and where they can come to cheer you on during the day. It feels so good to see loved ones when you are out there. Ask yours to come!

End of the Run

We will arrive at the Civic Center at about 4:00. We will need to unload our things from the busses once we arrive.

After the Run

Prior to the pandemic, there was always a post-run party with dinner, drinks, merchandise store, and live telethon. Friends and family were always welcome and everything was provided free for all. 2022 featured an outdoor celebration. We don't yet know what 2023 will look like. That information will be shared at a later date.

Other Items of Note

There are a number of safety rules which will be covered in full at the mandatory meeting just before the run. The three we'll mention quickly here are:

- All runners must wear a safety vest at all times when not on the bus. We sell some or you can buy one wherever. I prefer [this style](#) to minimize heat.
- No headphones. We play music all day anyway.
- No alcohol on the run or on the bus.

We recommend bringing a couple towels, a couple changes of running clothes, even an extra pair of running shoes. I like to towel off and put on a fresh shirt at lunch or if I take a break during the day. If it rains and your shoes get wet, a fresh, dry pair of running shoes may save you from some extra blisters. Speaking of blisters, I recommend bringing an anti-chaffing product such as Body Glide or Two-Toms. We'll be out in the sun and heat all day, so a hat, sunglasses, and sunscreen are good ideas also.