



## What to Expect on Run Day

### Send Off

We ask that you arrive at the Court House at about 7:00. There are parking and restrooms available at the United Methodist Church one block west of the courthouse. There will be charter buses 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 courthouse lawn and turn in any remaining donations. We will gather on the courthouse 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 26.2 miles, divided into 15 segments (each between 1.0 and 2.7 miles). At the end of each segment is a "checkpoint." Throughout the day the buses 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 overly 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 30-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 for the runners and volunteers.

### 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 3:30. We will need to unload our things from the buses once we arrive. Once we get the buses unloaded, we will have about an hour to get cleaned up and changed

into our matching run shirts (provided the week of the run). All the run cities line up and take turns entering the Civic Center in waves. This is televised and is an awesome experience with thousands of cheering supporters and St Jude patients. You will never forget this.

#### After the Run

Once we get inside the Civic Center there is a pasta meal provided for all runners. Family members are strictly **not allowed to run into the Civic Center with us**, but **all are welcome** at the after-run dinner party. Food and drinks (soda and beer) are complementary.

The telethon is broadcast live on-site. Throughout the evening you can sit and watch as you like. They also have a store set up selling St Jude merchandise. The store tends to sell out of many items very quickly, so I recommend you go early and don't wait to make your purchases.

Our team will be assigned a time when we will go up on stage to present our fundraising total on live television. Our check presentation time will be announced about a week before the run. The televised check presentation is optional, but it is fun to be involved, and it is nice to have a large group on stage for the cameras. We encourage you to stay for this if you can.

#### 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 always wear a safety vest when not on the bus. We sell some or you can buy one wherever.
- 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.