

# 2023 ProMedica 5K to End Hunger Runners/Walkers Instructions

The 5k will start at 9:00am at the Shops at Fallen Timbers and will also finish at the Shops at Fallen Timbers

## Packet Pickup

When: Thursday Nov 9th 5pm-6:30pm

Where: Dave's Performance Footgear in Sylvania 5700 Monroe St. Sylvania, OH 43560

When: Friday Nov 10th 12pm-6:30pm

Where: Dave's Performance Footgear in River Plaza 26567 N. Dixie Highway Perrysburg, OH 43551

## Late Packet Pickup

When: Saturday Nov 11th 6:45am-8:50am

Where: Party tent by the finish line at the Shop at Fallen Timbers 3100 Main St Maumee, OH 43537

## Parking

There is plenty of parking available at the Shops at Fallen Timbers. We will have a few parking lots coned off for Medical and after race activities. We ask that runners do not park in the lots closest to JC Penny nor the hotel parking lot.

## Staging Area

The 5K is staged and starts at the Shops at Fallen Timbers. The Half Marathon runners will be bused to the start of their race in Perrysburg. **Do not get on the bus if you are participating in the 5K.** There will be porta-pots outside close to the starting area.

## Course

**Runners will run with traffic (stay to the right) once you leave the mall area and are on public roads- This is very important for safety and will be enforced.** There will be police officers and course marshals on the course but no roads will be closed for the event. Please be aware of traffic, obey the rules of the road and treat the course as open. The course will be marked by orange spray chalk and direction boards. Please review the course map and know the course before the race as we made improvements this year. <https://www.mapmyrun.com/routes/view/5206350808>

## Water Stop

There will be 1 water stop around 2.3 miles. It will have water, and Gatorade. There will also be a porta-pot.

## Medical

ProMedica will be staffing a medical tent near the finish line. If you need medical attention at any time after the race please find a race official to help you get to the medical tent. If you need medical attention on the course have someone dial 911.

## Timing Chips

We will be using the ChronoTrack B-tag system. Please pin all four corners of the bib to the front of the torso so it is clearly visible. Do not fold or wrinkle the bib and do not cover the bib with a jacket, runner belt, water bottle, etc.

## Party Tent

Only registered runners will be allowed in the party tent. Each runner will be served a 2 beer maximum, 5k runners 21 and over will receive drink tickets at packet pickup. No one under 21 will be served alcohol! For those 21 and under we will also have a non-alcoholic root beer.