**ALL YOU NEED TO KNOW ABOUT RACE DAY- BRING THIS PAPER TO THE RACE !!!!!!**

**RUN BECAUSE YOU CAN - Sunday, April 28, 2024**

**YOUTH FITNESS RACE STARTS AT 9:00am PLEASE ARRIVE by 7:45 am**

**William Land Park (Freeport & Sutterville)**

**SCHOOL NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RACE DAY CONTACT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RACE REGISTRATION:**

**Youth Fitness Program participants have been registered by way of the R4R Permission Slip.**

Additional family members/friends register online at [runninforrhett.org/runbecauseyoucan.](runninforrhett.org/runbecauseyoucan) Use code YFP10 for $10 off the 5K. Race registration pays for your race bib, timing chip, shirt, and medal**. EARLY REGISTRATION CLOSES AT 11:59AM ON APRIL 23. BY REGISTERING EARLY, THOSE WHO DESIGNATE A SCHOOL WILL GET THEIR SHIRT AND BIB BY WAY OF THE SCHOOL COACH ON WEDNESDAY, THURSDAY OR FRIDAY. LATE REGISTRATION WILL BE AVAILABLE FROM NOON ON APRIL 23 THROUGH 8:59AM ON SUNDAY, APRIL 30. LATE REGISTRANTS WILL PICK UP THEIR SHIRT AND BIB ON RACE MORNING IN LAND PARK STARTING AT 7:30AM.**

**HEALTH & SAFETY:**

If you or a family member is sick with any contagious disease, we ask that you do not come to the race. You can run the race virtually and receive your medal at a later date.

**RACE DAY T-SHIRT & BIB:**

Youth Fitness Program participants and parents/siblings who registered online will receive their shirts and bibs from their respective school’s coach. Wear your baby blue shirt on race day with your bib pinned to the front.

**RACE DAY INSTRUCTIONS: RACE DAY is Sunday, April 28, 2024 at 9:00AM – arrive by 7:45AM**

**Getting to William Land Park:**

**-** Ride RT buses and trains to/from the race for FREE. (See separate RT FREE Ride Flyer) & walk through campus and across Freeport Blvd to the park.

- **Car parking in all Sacramento City College lots and main garage is $2** – purchase ticket from kiosk. In parking garage they are located on the 2nd, 3rd and 4th floors. Walk through campus and across Freeport Blvd to the park.

- If you park within the neighborhood, **DO NOT WALK ACROSS THE GOLF COURSE** to get to the start.

**Where to meet at the race:**

After parking and walking over to the start line arch, look for your school’s sign. Signs will be alphabetical order with the A’s closer to the starting arch and the Z’s farther away. Your parents/family should stay with you in your corral area until the race begins.

**RUNNING THE RACE:**

 **Start Times:** 8:30 AM – Kids’ Fun Run (1/4 Mile; ages 8 and under)
 9:00 AM – 5K Run/Walk (Community Run/Walk)
 **9:00 AM – YOUTH FITNESS PROGRAM- OUR SCHOOL!**

 **Race Route, Restrooms and Water:** Map of the race route can be found at [runninforrhett.org/runbecauseyoucan.](runninforrhett.org/runbecauseyoucan) There are no pets, bicycles, or inline skates allowed on the race course. Strollers are allowed, but we ask that they start at the back of the corral. Race runs in waves, first wave is Adult/Community runners, then Youth Fitness schools. Route is well marked with adults to guide you along the route. One bathroom and one water station (1.4 miles) on the course. Make sure to use the bathroom before the start of the race.

**AFTER THE RACE:** After crossing the finish line, participants will receive their medal and proceed through a refreshment line **for race participants only**, and then into the Kids' Fun Zone. Two food vendors will be on site for families to purchase food.

 -Parents should meet their children in the Kid's Fun Zone. It is a good idea for students/parents to decide before the race starts where they are going to meet after the race.

 -Lost Parents?/Find a Child? - Middle of the Kid's Zone, look for the BLUE Runnin' for Rhett tent with orange LOST PARENT signs.