**RUN BECAUSE YOU CAN 5K**

***Sunday, April 27, 2025***

**8:30 a.m.** ¼ Untimed Dash (Grade K & Younger and Participants with challenges)

**9:00 a.m.** 5k Begins (Please arrive by 7:45am)

**William Land Park** (Freeport & Sutterville, across from Sac City College)

**RACE REGISTRATION:**

**Youth Fitness Program students** are registered when you signed the R4R permission slip

**Family Members** register online at runninforrhett.org/runbecauseyoucan/ (Use code **YFP10 for $10** off) Race registration pays for your race bib, timing chip, shirt, and medal**.**

**REGISTER BY APRIL 18TH- 12am- Parent/Siblings running with a student/child** **WILL GET YOUR SHIRT AND BIB FROM THE COACH, before Race Day.**

**Everyone who REGISTERS AFTER APRIL 18TH - PICK UP YOUR SHIRT AND BIB ON RACE DAY, NEAR THE REGISTRATION TENT 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.

**T-SHIRT & BIB:**

Wear your baby blue shirt on race day with your bib pinned to the front.

**GETTING TO WILLIAM LAND PARK:**

Ride RT buses and trains to/from the race for **FREE**. *Ask Coach for RT Pass*. Walk through campus and across Freeport Blvd to the park

**PARKING**

**Car parking at Sacramento City College lots and Parking Structure/Garage is $2** (Ticket Kiosks on 2nd, 3rd, and 4th Floor) Walk towards Freeport Blvd to the park. (see attached diagram)

Parking LOT near Parking Structure/Garage (Ticket kiosks are in lot, see attached diagram)

If you park within the neighborhood, **DO NOT WALK ACROSS THE GOLF COURSE**!!!!!

**LINE UP for RACE**

Walk towards the START LINE, you will see a large blue arch. School Signs will be alphabetical order with the Z’s closer to the starting arch and the A’s farther away. CORRAL #1 (40 feet from arch) -Designated for faster adult runners

**RUNNING THE RACE:**

**Race Route and Water Station:** 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 racecourse. Strollers are allowed, but we ask that they start at the back of the corral. Route is well marked with adults to guide you along the route. One bathroom is on the course of the run and one water station (1.4 miles)

**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. (Face Painting, Bounce Houses)

Food vendors will be present 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**? - Look for the BLUE Runnin' for Rhett tent with Lost Parent Signage.