

GET READY FOR RACE DAY!

RUN BECAUSE YOU CAN

Sunday, April 28, 2019

YOUTH FITNESS RACE STARTS AT 9:00AM PLEASE ARRIVE no later than 7:45AM

Sacramento City College- Hughes Stadium 3855 Freeport Blvd. Sacramento CA

RACE REGISTRATION:

Youth Fitness Program participants at all participating schools have been registered by the coach.

Additional family members/friends register online: www.runbecauseyoucan.org Race registration at packet pickup on Saturday, 4/27 and morning of race: \$40 – after 4/19 shirts available on a first come, first serve basis.

RACE DAY T-SHIRT:

Youth Fitness Program participants will receive their shirts from their Youth Fitness Program coach. Please remember to wear your baby blue shirt and bib on SUNDAY!

RACE DAY ARRIVAL: RACE DAY is Sunday, April 28, 2019

Getting There: In an effort to bypass the traffic and parking issues, it is highly recommended that you ride RT to/from the race for FREE. The light rail train drops off riders RIGHT AT the start/finish line. Click [here](#), or check the www.RunBecauseYouCan.org website, for information and your “free ticket”. If you choose to drive to Sacramento City College, there is a \$2 fee to park in the lots or garage on campus.

Please arrive by 7:45 AM. Note that Sutterville Road from Panther Drive to Franklin will be closed to traffic after 8:45 AM.

WHERE TO MEET IN THE STADIUM: When you enter the stadium, look for stadium section marked by balloons and look for your school sign. Your parents/family should stay with you in your corral area until the race begins.

– All schools that first letter falls between Florin Elementary and Phoebe Hearst – GREEN BIBS – please sit in Section 14, 16, or 18. Please look for your school in one of these sections.

– All schools that first letter falls between Pony Express Elementary and Woodridge Elementary – PURPLE BIBS – please sit in Sections 18, 10, or 12. Please look for school in one of these sections.

– All schools that first letter falls between Arcohe Elementary and Elliott Ranch Elementary – ORANGE BIBS – please sit in Sections 20, 22, or 24. Please look for your school in one of these sections.

Each section will be marked with balloons matching the assigned colors above.

RUNNING THE RACE:

The race will be in wave starts beginning with the adult/community runners in the first corral and then the Youth Fitness color corrals. The race course is well marked and there will be adults to guide children along the way.

Bathrooms in the stadium are located in sections 14-20, and the race course will have 1 porta-potty station along the route and 1 water station. Encourage your child to use the restroom before they enter their corral area.

RACE START TIMES:

8:30 AM – Kids' Fun Run (1/4 Mile; ages 11 and under)

9:00 AM – 5K Run/Walk (Community Run/Walk)

9:00 AM – YOUTH FITNESS PROGRAM- OUR SCHOOL! Rolling wave starts by Corral Color.

11:30 AM – Event concludes

WATCHING THE RACE: All spectators will view the race from the stadium bleachers along the start/finish line, a great place to cheer on runners and take pictures. **For the safety of all runners, Sacramento City College and security WILL NOT allow spectators on the track.**

AFTER THE RACE:

After crossing the finish line in Hughes Stadium, students will receive their medal and proceed through a refreshment line for race participants only and then into the Kids' Fun Zone. A food vendor will be on site for families to purchase food. Parents should meet their children in the Kid's Fun Zone, behind the scoreboard area. There is a separate entrance from the stadium bleachers to that area for parents/family members – look for the sign.

LOST PARENTS? / FIND A CHILD?– Middle of the Kid's Zone, look for the BLUE Runnin' for Rhett tent with orange signs.

AFTER THE RACE: At the completion of the race, students are welcome to go home whenever they are ready. The event will close at 11:00am