

Race Day Information

Weather

The weather prediction as of now is that it will be sunny to mostly sunny, but cold. The high for the day is expected to be between 53 and 46 degrees, so expect colder weather at the start of the race. Please dress accordingly!

Arrival Time

Please plan to arrive at the park no later than 9:30AM so we have ample time to check runners in and pass out runner packets. A little sooner is better! 22 Saves Hockey staff and volunteers will be on site to help direct you to parking and the registration tent. Staff and volunteers will be wearing a yellow or orange reflective vest and a name tag.

Parking

Runners and guests will be directed to the overflow parking lot which is the lot furthest from the community center but closest to the 5K starting line.

*There are two main entrances to the park from Harris Road. If you are coming in from the direction of Capital Boulevard, traveling east on Harris Road, go past the first entrance and enter the second entrance on your right where you will see an "A" frame sign for "Event Parking." If you are coming in from the direction of Route 1A (Main Street) traveling west on Harris Road, it will be the first entrance that you come to on your left.



Parking is free and just a short distance to restrooms, the 22 Saves Hockey check-in tent, and the 5K starting line.

Restrooms

Separate male and female indoor restroom facilities are located near the parking lot and race course starting line.

Check-In

Runners can check-in at the 22 Saves Hockey tent located near the Amphitheater as early as 9:00AM, but please no later than 9:40AM. Signage and staff will direct you where you need to go.

First Aid

We will have a Physicians Assistant, an EMT, and a nurse on site in the event medical assistance or first aid is needed. The First Aid tent will be adjacent to the 22 Saves Hockey tent.

Pre-Race Activities

An optional pre-race warm-up for runners will be conducted by ISI Elite training at 9:45AM near the starting line.

We will observe 22 seconds of silence to remember those veterans who were lost to suicide.

Race Course and Timing

This is a 5K race course that will be chip-timed. The race course will be marked with red directional arrows at locations along the route. There will also be race course guides (i.e. people) placed at various locations along the route to guide you along the route.

The race route will consist of running the 0.5 mile Garden Loop, continuing with the 2.1 mile Farm Loop, and finishing by running the 0.5 mile Garden Loop again. This will make up the entire 3.1 mile race course.

Water Station

A water station will be placed at approximately the ½ way point along the race route. Snacks and beverages will be provided at the finish line post-race.

Awards

Race results will be tallied by the timing company Run the East. Race medals will be presented to the first place finishers in each age category within the male and female divisions. Overall first place awards will be presented to the overall first place male and female finishers.

Post-Race Events

A DJ will be on site beginning at 11:15AM. There will be corn hole boards for any corn hole challenges that may arise! Please feel free to stick around and enjoy these activities that will be part of a Veterans Health and Wellness Fair beginning at approximately 11:00AM.

Event Director

The Event Director is Deb Elek. I can be reached at 843-813-1026 or by email at elek.deborah@gmail.com. I will be very busy getting things organized the morning of the race so if you have any questions, please feel free to call or text me at least a day before the race.

Have Fun!