

Five Points Challenge 5K—FAQS & Etiquette Tips

What is the Five Points Challenge 5K? The Five Points Challenge 5K is a run/walk created in partnership by two Forsyth County 501(c)(3) non-profit organizations, Friends of Tony and Reaping Nature Educational Outreach Foundation. We are proud to bring a fun, family friendly event to the Canongate Windermere Golf Club and Forsyth County, while raising awareness about childhood cancer and the environment. To learn more about what we do, visit us online at www.friendsoftony.org and www.reapingnature.org.

Are registration fees tax deductible? No. However, any amounts donated above registration fees paid are tax deductible as permitted by law.

Can I dress up? Absolutely, please do!! A special "Team Parade" will be held at the beginning of the awards ceremony for all teams who wish to compete for a Team Spirit award. Winners will be based on costumes, team name, t-shirts, props, enthusiasm, etc., and will be selected by audience response, so be sure to bring your cheering section to the awards ceremony.

Is the Five Points Challenge 5K a run or walk? Both. We encourage walkers and runners of all abilities to participate in this event.

Is the Five Points Challenge 5K a timed event? Yes. Chip timing will be provided by Orion Racing. Your results will be recorded, available on the internet, and you will be eligible for awards. www.orionsportstiming.com

What is chip timing? A timing chip is attached to your race bib number. As you move across a special mat at the start line, the chip registers that you've started the race. Then, as you cross the finish line, the chip registers that you've finished the race. It may take a few minutes to reach the start line so a timing chip allows us to capture the actual amount of time it takes you to go from the start line to the finish line. All registered race participants MUST wear their race bib number on the front of their shirt the day of the race.

I accidentally registered as an individual and meant to join a team. What can I do? No worries! If you would like to be added to a team, simply send an email to info@reapingnature.com with your name and the name of the team you would like to join. Team changes must be made by November 11, 2013.

Can I wear headphones? The use of personal music devices is strongly discouraged at the Five Points Challenge 5K. Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on the course cheering you on and providing directions to help get you to the finish line.

Can I use a stroller? Yes, however please be aware that the our event insurance company requires us to ask all participants using strollers, baby joggers or similar devices to start in the back of the runners and walkers. In an effort to make everyone's race day experience smoother and safer, we will be implementing a tiered start line corral system. If you are participating with a stroller and/or children, we ask that you keep your children with you at all times, and that you start from the back of the "RUN 30 minute or greater" or "WALK ONLY" corrals. This will allow your family members, and our other participants, a safer race experience. **We ask that all persons (including children) who participate in the 5K be a registered participant. A registered participant has paid the registration fee and a waiver has been signed on their behalf. The only exception would be a baby that remains in a stroller for the duration of the 5K.**

Can my children participate in the Five Points Challenge 5K? Yes, they sure can! We encourage all ages to participate. If you are participating with small children we ask that you start in the back of the runners and walkers. In an effort to make everyone's race day experience smoother and safer, we will be implementing a tiered start line corral system. If you are participating with a stroller and/or children we ask that you keep your children with you at all times and that you start from the back of the "RUN 30 minute or greater" or "WALK ONLY" corrals. This will allow your family members and our other participants a safer race experience. **We ask that all persons (including children) who participate in the 5K be a registered participant. A registered participant has paid the registration fee and a waiver has been signed on their behalf. The only exception would be a baby that remains in a stroller for the duration of the 5K.**

What happens if it rains on race day? The Five Points Challenge 5K will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation.

What time should I arrive? Arrive early!! Limited parking will be available and you may experience a short walk to the start line. Signs indicating where you can park will be posted. We strongly encourage car pooling whenever possible. *Consideration appreciated when parking in front of homes so as not to impede a homeowner's ingress and egress.*

5K Etiquette Tips: In order to create a safe and friendly race environment, please be mindful of the following 'Road Rules':

- * Arrive early - allow plenty of time to get to the start area and find your corral.
- * Don't over or under estimate your pace - this can cause lots of unnecessary maneuvering at the start.
- * Pay attention to instructions from race officials, police and volunteers.
- * Don't create a barricade to participants behind you by running or walking too many abreast.
- * Walkers stay to the right when possible, unless passing.
- * Pass on the left when possible and give a verbal warning, a friendly "Passing on the left" is sufficient.
- * Listen to your surroundings, don't drown them out with headphones.
- * Don't cut off other runners/walkers at water stops, be aware of people behind you and keep moving.
- * When tossing your water stop cup, try to get it off to the side so volunteers can easily sweep it up and it is not in the way of other participants.
- * Keep moving through the finish line. Others will be coming in right behind you, keep going until it's safe to come to a stop.

See [Team Rules & Information, Race Details & About Us](#) for more information regarding the First Annual Five Points Challenge 5K. Got Questions? Email info@reapingnature.com or call 770-490-1083.



Please consider the environment before printing. Thank you.