



MPOWER Youth Running Festival

5K • 1-MILE • FUN RUN

Sunday, November 12, 2023 @ West Woods Upper Elementary

RACE DAY INSTRUCTIONS

We can't wait to see you at the MPower Youth Running Festival! Here's everything you need to know:

Date: Sunday, November 12, 2023

Location: West Woods Upper Elementary, 50 Judson Lane, Farmington, CT 06032

There is free parking at the school. We suggest carpooling when possible to reduce traffic in the area. For the safety of our runners and their families, **please use the south entrance closest to Rt 6** to enter and exit the parking lot.

SCHEDULE OF EVENTS

8:30 | Runner Check-In & Number Pick Up Opens. Limited Same-Day Registration will be available.

9:00 | **Judson Lane Closed from the West Woods Upper Elementary School parking lot to Meadow Road. Road will remain open from Rt 6 to the south entrance of the school parking lot.**

9:15 | Fun Run (runners check-in 8:30-9:00)

9:30 | 1-Mile Race (runners check-in 8:30-9:00)

9:50 | 1-Mile Awards Ceremony & Announcement of Farmington Cup Winner

10:30 | 5K Race (runners check-in 9:00-10:00)

11:30 | 5K Awards Ceremony

Please be sure to check in at the designated time for your race and plan to be at the starting line 10 minutes before the race.

ARRIVAL & CHECK-IN

* Use the south (closest to Rt 6) entrance to the parking lot.

* **Judson Lane from the school parking lot to Meadow Road will be closed to cars starting at 9:00. You will be able to exit south from the parking lot to Rt. 6 for the duration of the event.**

* Check-in times vary by race. Please refer to the schedule of events above to determine your arrival/check-in time.

* Proceed to the Check-In table to collect your race number. Look for the tent in the parking lot.

* Get your race number and write your name on the front so everyone can cheer for you!

* Head to the starting line 10 minutes before your race.

STARTING LINE

- * The starting line for the Fun Run will be in the athletic fields.
- * The starting line for the 1-Mile and 5K will be on Judson Lane.

TIMING

- * The 1-Mile and 5K races will be chip timed.
- * Results will be available online shortly after the race.

SPECTATORS

View our course map [here](#). This is a great spectator course with many options to see the runners. In order to give the runners the best experience, please follow these guidelines:

- Do not stand on or walk on the course.
- Always yield the right-of-way to runners.
- We want a really lively atmosphere, so please cheer everyone on!

MEDAL ENGRAVING

Every finisher will receive a medal. You may order a personalized engraved insert for the back of the medal after the race. Don't worry, runners will be able to take the medal home! We'll mail you the self-adhesive engraved plate in about 3 weeks. The cost of the engraving is \$5. You may order online after the race [here](#). You will also find order information in the finisher's bags.

FAQs

Can parents run with their child?

Only in the Fun Run! The 1-Mile and 5K are strictly kids-only races! You will be able to see them and cheer them on multiple times around the race course. Local high school runners will be on hand to serve as mentor runners for our races. These volunteers will run with the kids, keeping them company and encouraging them throughout the race. Each race will also have a "sweeper" runner who will make sure no one gets left behind.

What if my child needs water during the race?

We will have 1 water station in the 1-Mile, and 2 water stations in the 5K.

How will my child know where to go?

The leaders of each race will follow a bicycle along the course. Everyone else will follow the leaders! We will have volunteers scattered throughout the course to direct runners, especially in areas that could be confusing. We will also have signs, cones, and arrows to point everyone in the right direction.

My question wasn't answered!

If you have any other questions at all, please don't hesitate to reach out to us at info@mpoweryouthsports.com

SEE YOU AT THE STARTING LINE!!!