



MEMORIAL DAY
5K ROAD RACE
SUNDAY, MAY 26TH 11:00 AM

Runner's Alley Cisco Brewers Portsmouth Memorial Day 5K

RACE DAY INFO

Sunday May 26th, 2019

Timeline:

- 7:30am: Volunteer check-in opens
- **9-10:30am: Day-of-Registration and bib pickup** (fenced front area)
- **10:15am: Kids Fun Run (grass behind building)**
- **11am: 5K race start (roads closed from 10:30am-12pm)**
- 11:15am: Food & beer line opens (runners only)
- 11am: Cisco opens restaurant (cash bar & food)
- 11:30am: **Truffle** begins performing
- 12pm Prizes Awarded
- 10:30am-12pm: Parking Lot closed to traffic (entering or exiting)
- 3:30pm: **Truffle** finishes

What should I bring?

- ◆ Hat/sunglasses/sunscreen
- ◆ Layers in case you warm up or cool down
- ◆ Your I.D. if you plan on drinking any beer at the event
- ◆ Money– in case you'd like to purchase more beer/food
- ◆ A cheering squad!

DAY-OF-REGISTRATION

- ◆ Want to sign up day-of? Registration will be inside the fenced area in front of Cisco.
 1. Get an application from the day-of registration line
 2. Fill it out and get payment ready (Cash/Check/Credit)
 - \$35 for Adults / \$15 for under 12 / \$5 Kids Fun Run
 - (\$100 for 100-Club, located behind building)
 3. Someone will take your payment and application, give you a bib, and send you off to run!

**While we accept credit cards, check or cash are much quicker!
Checks can be made out to "Krempels Center"*

Frequently Asked Questions

- ⇒ Who can be in the food line?
Runners only! Food is available for purchase at Cisco for everyone.
- ⇒ How long can we hang out after the race?
As long as you want! The race site will be broken down by 2pm, but music, food, and drinks will continue in Cisco's event space afterwards!
- ⇒ Can I bring my dog/stroller?
-Strollers, yes, but we ask that you try to start in the back of the pack.
-Dogs, sadly are not allowed on the course.
- ⇒ Can I bring my kids?
-Absolutely. There is even a \$5 kids fun run at 10:15am sponsored by Louis Clarizio. T-shirts too!
- ⇒ Is there a bag check?
-Unfortunately no, leave your things in your car (or with your cheering squad at the start!)
- ⇒ Is there food/drink available before the race?
Not for runners, coffee available to morning volunteers.
- ⇒ Are there prizes for top runners?
Yes! There are cash prizes and New Balance swag!
- ⇒ How do I check my race time?
There is a kiosk near the start and times are provided by Yankee Timing.
- ⇒ Do the roads close during the race?
The roads do not close, however the parking lot will be closed from 10:30am-noon.
- ⇒ What is Krempels Center?
Krempels Center is the beneficiary of this race. They are a local nonprofit that supports individuals living with brain injury.
- ⇒ How can I donate to Krempels Center?
Check out their website (www.krempelscenter.org) or head over to their info table day-of!
- ⇒ Can I buy merchandise from previous years?
There will be some "vintage" merch available at the Krempels Center table.
- ⇒ Where do I get a "Will Run for Brain Injury" Sticker?
Head to the Team Krempels area and find out!