



2019 Richmond 9/11 Heroes Run – Details & FAQs

Sunday, September 8th

2:00pm race start (1 Mile Fun Run then 5K)

1000 Semmes Avenue, Richmond, VA

Below are some FAQs and details for the Richmond 9/11 Heroes Run. Questions? Contact us at richmond@911heroesrun.org.

What is the schedule?

At a high-level, the schedule for the day of is:

- 12:30pm – 1:30pm – Race-day packet pickup and onsite registration
- 1:30pm – 2:00pm – Opening ceremonies
- 2:00pm – 2:15pm – Fun Run
- 2:15pm – 3:15pm – 5K
- Around 3:00 – Awards
- Until about 5:30pm – Post-race festival on-site

When does online registration end?

Online registration ends on 9/4 @ 11:59pm. You can still register in-person at both packet pick-ups and on race day – cash, check, and credit accepted.

Prices after 9/5 will be:

- 5K Individual Registration: \$35
- Fun Run Registration: \$25
- Family Pack of 4 Registrations: \$115
- 5K Active Duty Military or First Responder: \$30
- 5K GORUCK Division Registration: \$40
- 5K GORUCK Division Family Pack of 4 Registration: \$130
- 5K GORUCK Active Duty Military or First Responder: \$36

When is packet pick-up?

We will have 3 chances for you to pick-up your packet:

- Thursday 9/5 from 6:30pm – 9:00pm @ Basic City Beer Co (Richmond)
- Saturday 9/7 from 10:00am – 1:00pm @ Lucky Road Willow Lawn
- Sunday 9/8 from 12:30pm – 1:30pm @ race ceremonies area 1000 Semmes Avenue

What do I need to bring with me when I pick up my packet and can I pick up someone else's packet?

You will need to bring ID. If you want to pick up someone else's packet, you must have a copy of their ID as well (whether on your phone or in print) – no exceptions!

Will I get a TMF shirt and a TMF cinch bag? What if I want a different size shirt?

TMF shirts and cinch bags are only guaranteed to all participants who registered by 8/31 @ 11:59pm. You cannot exchange shirts sizes. For the extra TMF shirts and cinch bags, it will be given out on a first come, first serve basis.

Is the race timed and are there prizes for the winners?

The race will be chip timed and the prizes are being sponsored by Laser Quest, Lucky Road, Kevin O'Connor, and Jim Hall – top male/female and 1-2-3 place through various age groups (including 1-2-3 for GORUCK male/female). The age groups will be announced a day or two before race day.

The Fun Run WILL NOT be timed. As a treat for those participants, we will have dog tags for all participants of the Fun Run.

Please wear your bibs on the front side of your body to ensure that the timing company captures your timing correctly.

What time is the Fun Run and when will the 5K start?

The Fun Run will start at 2:00 – the distance is about .8 miles so we're anticipating it to end around 2:15. The 5K will start once the Fun Run is complete.

What are the waves?

We will ask that everyone line up behind the sign that represents their "race speed":

- Fun Run: All participants registered for the Fun Run
- Cycle-Maniacs: Participants in hand cycles/bikes
- Speed Demons: Runners
- Taking our Time: Joggers and walkers who want to take their time
- GORUCK Division: GORUCK Division registrants
- Sunday Stroll(ers): Participants with strollers

All participants will line up behind the start line on Railroad Avenue and around the corner on Semmes Avenue (will be blocked off starting at 1:00). Please pay attention to volunteers who will ensure you're lined up safely!

If we're in the GORUCK Division, will our rucks be weighed?



Full rules for the GORUCK Division are here: [9/11 Heroes Run GORUCK Division Rules and Requirements](#) – BE FAMILIAR WITH THEM!

Overall, **ANYONE AND EVERYONE** registered for the GORUCK Division for the race will receive their 9/11 Heroes Run patch! There is NO weight standard to ruck the event and earn the patch. We want EVERYONE, including your kids and your mom, to come out and ruck this event!

Weight rules and requirements in the link above are ONLY for those hard chargers that want to compete for a medal. If you aren't interested in competing and want to ruck for fun, please don't worry about the weight rules and there is no need to get weighed in. If you DO want to compete for a medal, know the rules linked above and show up to have your ruck weighed!

There will be a GORUCK Weigh Station in the garages – ask a volunteer or someone at packet pick-up and they will show you where to go.

REMINDER: If you're not going for a medal, no worry about getting weighed. If you are trying to medal for the GORUCK Division, GET WEIGHED!

If we signed up for the GORUCK Division, when will I get my patch?

You will receive your patch after you cross the finish line. A separate communication will go out a few days before the race with details.

What is/isn't allowed on the course?

You may bring strollers on the course. No animals, except for service animals.

As a reminder: please do not interact with any service animals. Service animals are working animals. Interacting with them can distract them from their primary job of assisting their handler. More information can be found here: [Things You Should Never Do Around a Service Dog Team](#).

Will there be a bag check?

There will not be a bag check – the parking lot is super close to the start so you can leave your stuff in your car or with a friend.

How do I get that awesome 9/11 Challenge 2019 patch?



To get the exclusive 9/11 Challenge 2019 embroidered Velcro morale patch, you must participate in the Memorial Stair Climb in the morning and then volunteer/race the 9/11 Heroes Run. Once you complete the stair climb, head to the 9/11 Heroes Run during day-of registration time and head to the “GORUCK Weigh Station table”, show your honor badge that you carried through the stair climb, and receive a wrist band from the volunteers. At the end of the race, head back to the ceremonies area and during awards time, we'll ask that all folks who did both come forward to receive your patch.

Online registration for the stair climb is closed – they are accepting walk-up registrations the morning of at 7:00am.

Will the race happen if it rains?

The race will take place, rain or shine. If it's determined that it's un-safe to run due to inclement weather, we will try to work on rescheduling the race. Details will come out the day before the race. All 9/11 Heroes Runs will go whether rain or shine but in the event of a major weather emergency and your race location must cancel the race, your race fee will not be refunded – however, it will be deemed 100 percent tax deductible as a donation to the Travis Manion Foundation's 9/11 Heroes Run

What's the deal on the after-party ?

We are hosting the after-party right on-site this year! We'll have FREE food from Mission BBQ, Noodles World Kitchen, and Wing Stop. Ardent Craft Ales and Basic City Beer is available for purchase (\$5/beer – we will cap each drinker at 3 beers each).

All of-age participants will receive a ticket for 1 FREE beer (this counts towards your 3 beer cap). Make sure you bring your IDs and wear your bib to receive your ticket!

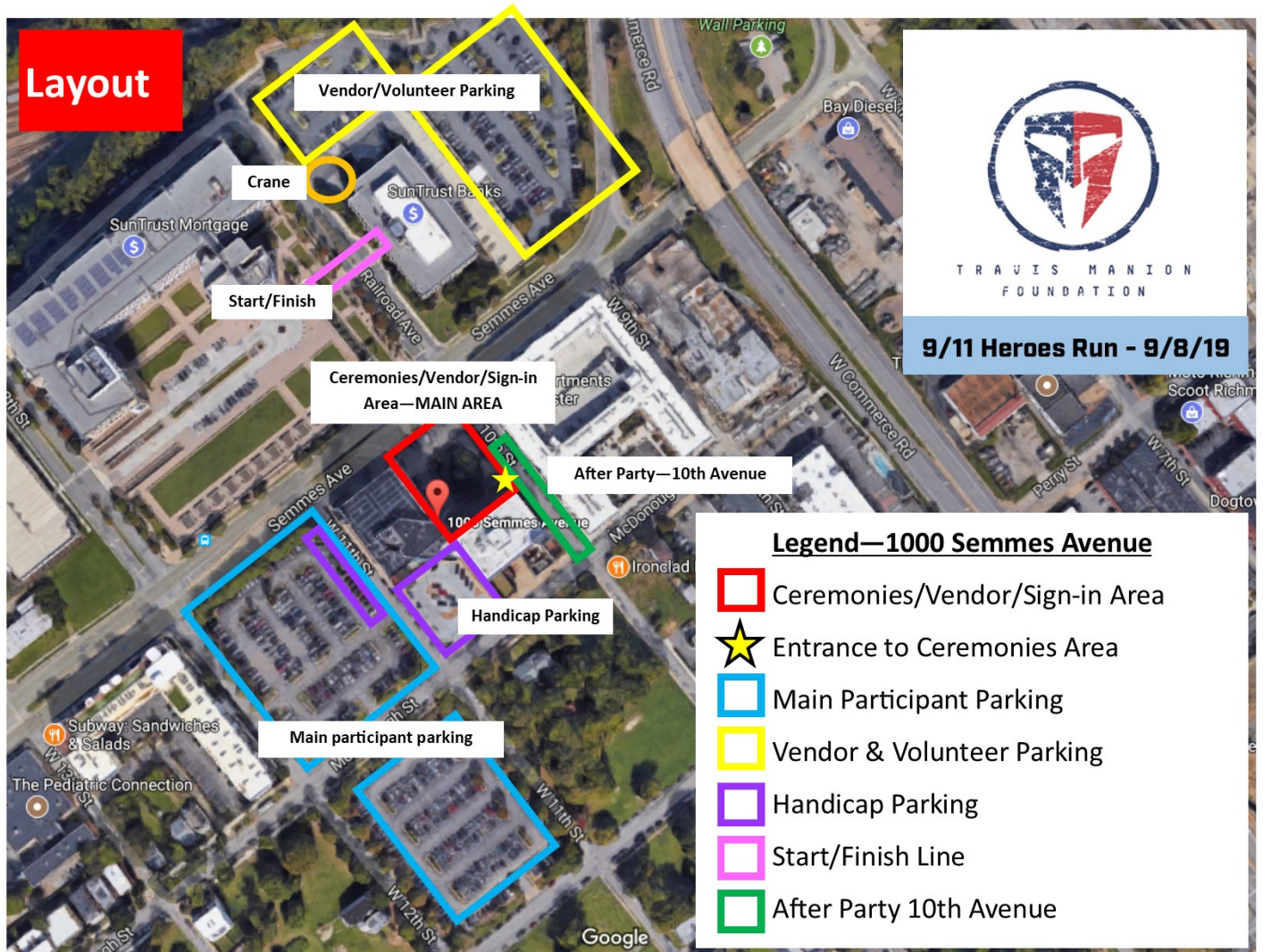
Will you have raffles or chances to donate money to the TMF or Mid-Atlantic PVA?

Don't forget your cash! We will have some packages to raffle off and ways to donate to TMF, Mid-Atlantic PVA, and Veterans and Athletes United

Also, continue to raise money on your personal race page! We will be acknowledging and rewarding the top-3 fundraisers!

Where do I park and where do I go?

Here is a map of the entire layout:



- Bottom-left 2 blue rectangles – main participant parking
- Middle 2 purple rectangles – handicap parking
- Top 2 yellow rectangles – vendor parking and volunteer parking
- Center red rectangle – main ceremonies area (includes check-in, vendors, registration, band, stage)
- Yellow star – entrance to main area
- Top-left pink long rectangle – start/finish line
- Green rectangle – after party

What are the courses like?

See the course maps below! The Fun Run course sticks close to the main start/finish line. The 5K course is a 3.1 mile scenic route through downtown Richmond, with great views of downtown Richmond and the James River. There will be some hilly areas that may be challenging – volunteers will be stationed in many areas to offer assistance as needed. Please be safe, above all!



9/11 Heroes Run

Richmond, VA

Sunday 9/8/19

2:00pm









Ceremony start: 1:30pm

Fun Run start: 2:00

5K start: 2:15



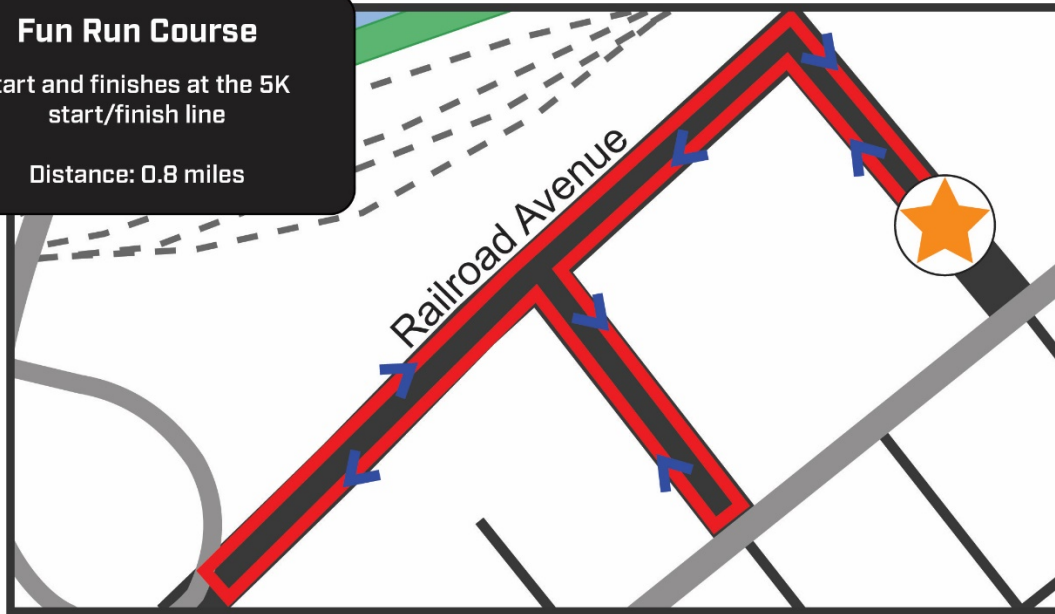
5K Course Map

-  Main Festival Area
-  Start/Finish
-  Race Course
-  Mile Marker
-  Participant Parking
-  Volunteer Parking
-  Water Stations
-  After Party

Fun Run Course

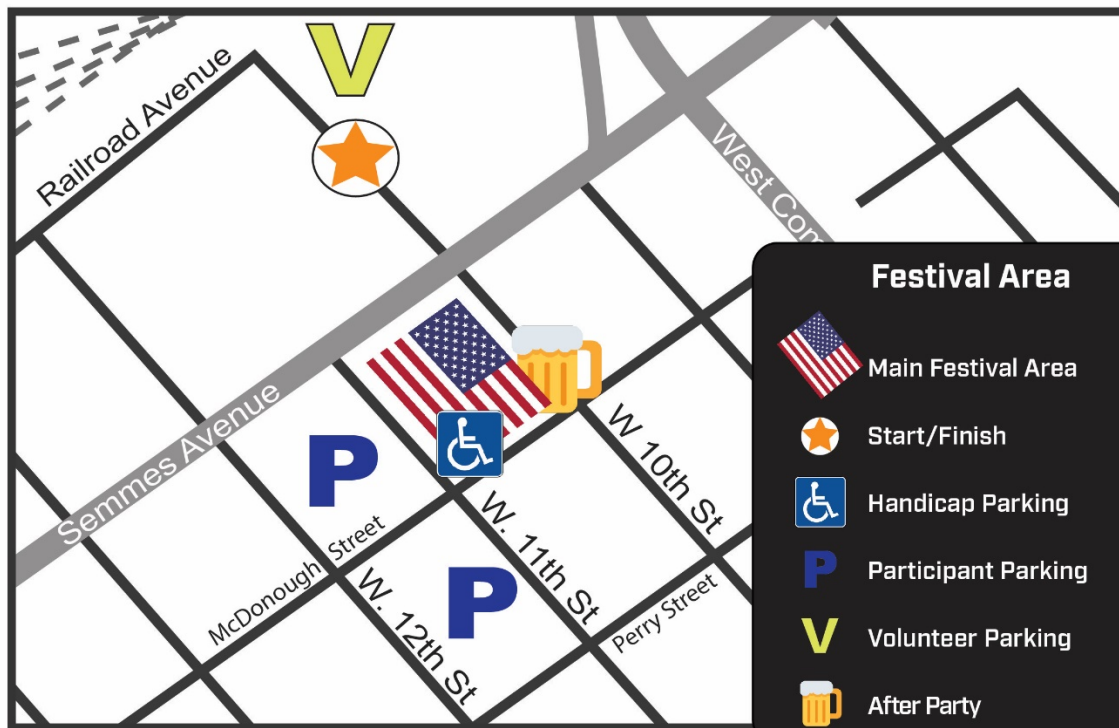
Start and finishes at the 5K start/finish line

Distance: 0.8 miles



9/11 Heroes Run
Richmond, VA
Sunday 9/8/19
2:00pm

Ceremony start: 1:30pm
Fun Run start: 2:00
5K start: 2:15



Festival Area

- Main Festival Area
- Start/Finish
- Handicap Parking
- Participant Parking
- Volunteer Parking
- After Party

Thanks,

Your Richmond 9/11 Heroes Run Race Director