

# 2018 Richmond 9/11 Heroes Run – Details & FAQs

Sunday, September 9<sup>th</sup>

2:00pm race start

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](mailto: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 2:45 – Awards

## When does online registration end?

Online registration ends on 9/5 @ 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
- 5K GORUCK Division Registration: \$35
- Fun Run Registration: \$25
- Family Pack of 4 Registration: \$115
- 5K Active Duty Military or First Responder: \$30
  - 10% discount – will be required to show valid government ID when picking up packet of active duty status

## When is packet pick-up?

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

- Thursday 9/6 from 6:30pm – 9:00pm @ Legend Brewing
- Saturday 9/8 from 12:00pm – 3:00pm @ Lucky Road Willow Lawn
- Sunday 9/9 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 – 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 chipped time and three prizes are being sponsored by Mission BBQ – top male/female and 1-2-3 place through various age groups. The age groups will be announced a day or two before race day.

### **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":

- 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?**

We are allowing participants to count weight vests, full fire gear, and rucksacks as extra added weight - for this year's run, you're rucking! As a reminder, for anyone wanting to medal in the GORUCK Division, we're going to stick to the weight standards that GORUCK has for their Lights: <https://www.goruck.com/light/>. Like the events, your physical weight is on the honor system, but we will weigh your ruck!

The weight in your rucksack makes it rucking. If you are under 150 lbs., carry a 10 LB weight and if you are over 150 lbs. carry 20.

There will be a GORUCK Weigh Station in the middle of the festival area – 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?**

All patches are being mailed to you – many of you have already received your patch! If you don't receive your patch 1 week after the race, please email [richmond@911heroesrun.org](mailto:richmond@911heroesrun.org).

### **What is/isn't allowed on the course?**

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

### **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 2017 patch?**



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To get the exclusive 9/11 Challenge 2018 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, show your honor badge that you carried through the stair climb, and have your bib stamped by one of 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 at Legend Brewing?**

Legend Brewing is hosting our official after party! It is right around the corner from the race start area (see map at the end) so you may leave your car parked where it is and walk over to Legend – a great cool-down after the race! There is very limited parking at Legend.

For you and your friends from the race, use the [Beer Garden to enter Legend Brewing](#) and get your ID checked by the staff there and get a bracelet. Food and drinks outside will be sold on a ticket basis, so purchase your tickets with the staff after your ID is checked. After you get your IDs checked and purchased your tickets, exit back out the Beer Garden and into the parking lot.

For run participants, spectators, and volunteers, there is food being sold outside. There will also be a beer truck. Tickets can only be used outside, not inside.

If you'd like to be seated on the deck or inside, you must go through the host stand and be seated like a "normal" guest.

Runners with bibs get a discount on food!

Even better? ALL DAY from open to close, Legend Brewing will donate \$1 from each beer/wine/cider to the TMF.

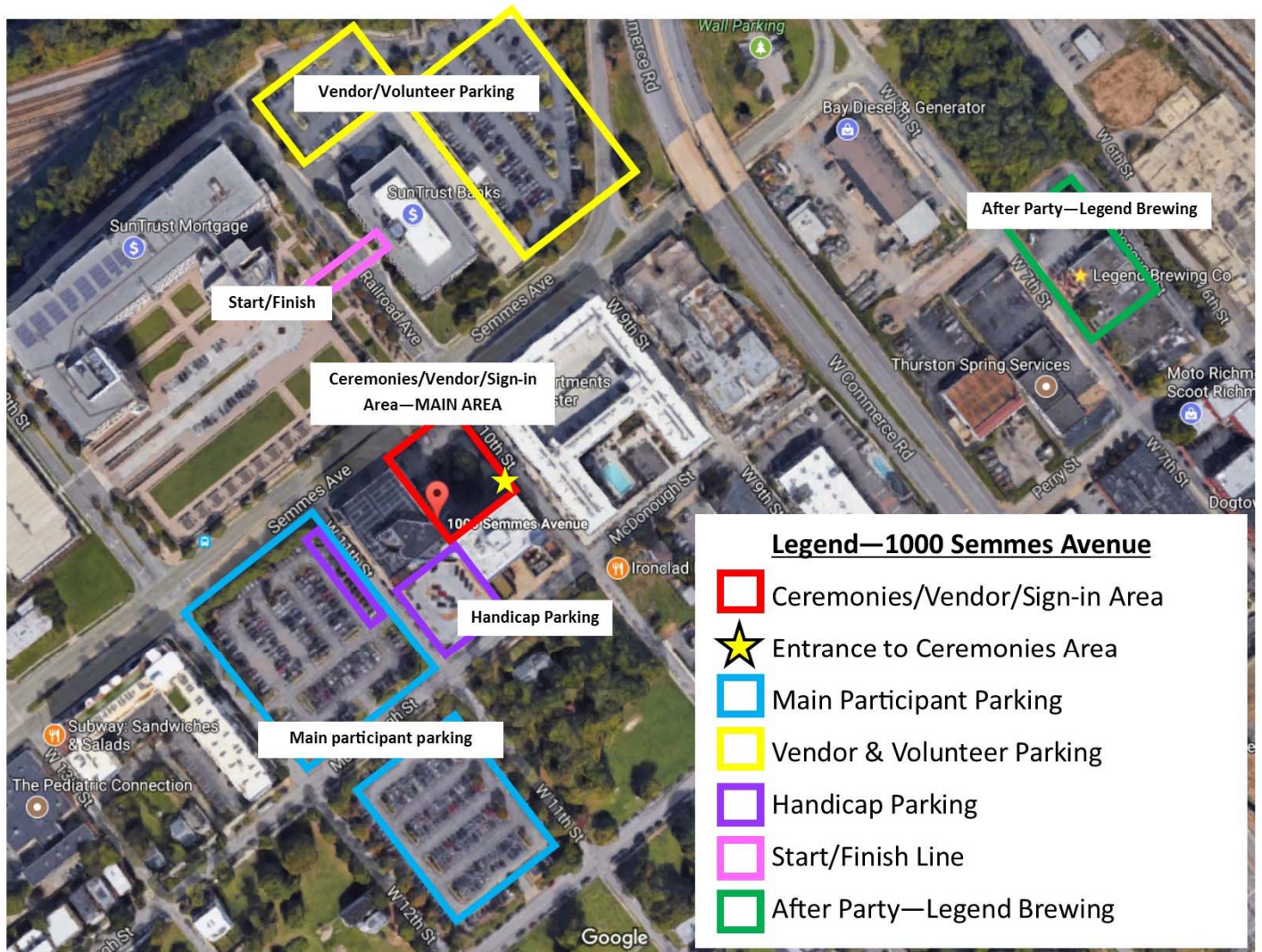
### **Will you have raffles or chances to donate money to the TMF or Mid-Atlantic PVA?**

Don't forget your cash! We will have some packages to raffle off and ways to donate to TMF and the Mid-Atlantic PVA.

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
- Right rectangle – Legend Brewing

### 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 9/9  
2:00pm

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



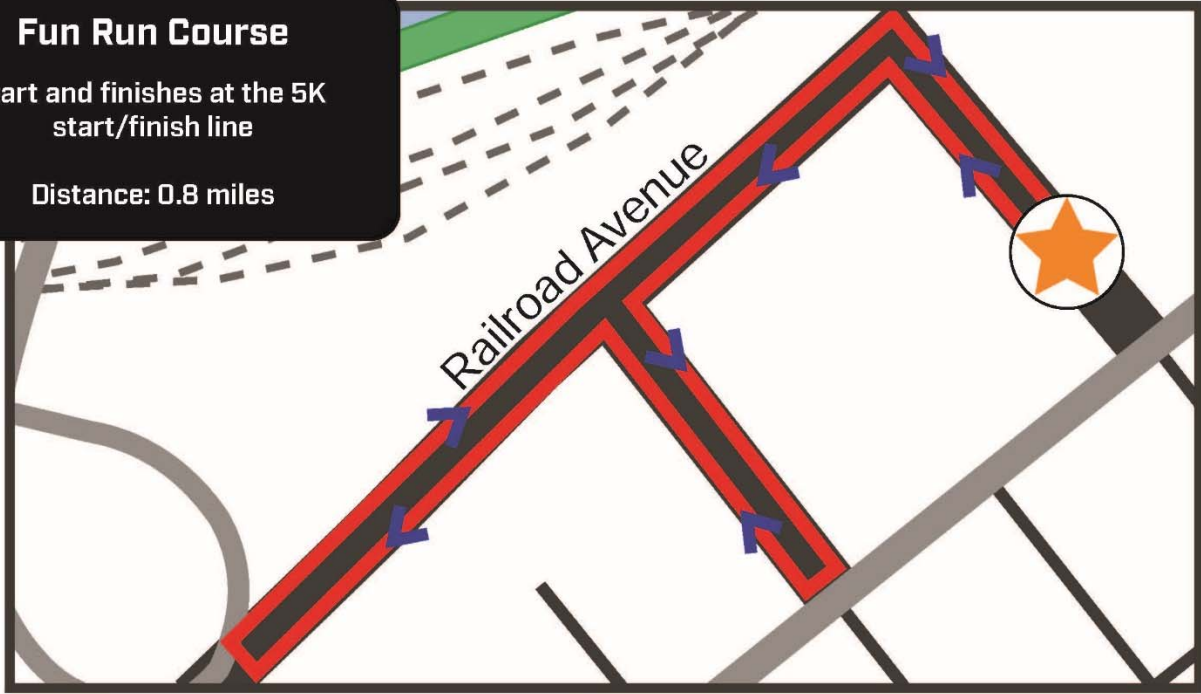
### 5K Course Map

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

## Fun Run Course

Start and finishes at the 5K start/finish line

Distance: 0.8 miles



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## Festival Area



Main Festival Area



Start/Finish



Handicap Parking



Participant Parking



Volunteer Parking



Legend Brewing - After Party

Thanks,

Your Richmond 9/11 Heroes Run Race Director