



# RACE DAY PARTICIPANT INSTRUCTIONS

*Thank you for joining us for the Second Annual Run to Remember 8K Run/Walk on September 17, an event to honor the memories of those we miss, cherish those within our midst, and work together for a peaceful tomorrow.*

This flyer shares everything you need to know about race day. If you have any questions after reviewing this info, please call race director Jan Seeley at 217/369-8553.

## Race day schedule

- 7:00 a.m.—Start line line-up on First Street for all waves
- 7:20 a.m.—National Anthem
- 7:30 a.m.—Waves begin; subsequent waves depart one wave at a time, roughly a minute apart
- 8:00 a.m.—Postrace celebration with food, drinks, and local band Dragonfly playing LIVE... in grass lot 31 (adjacent to the finish line)

**FREE race day parking** is in the E14 Lot across from the State Farm Center. See the course map on side 2 of this flyer. There is no bag drop for Run to Remember. If you'd like to set up a lawn chair in our postrace celebration area, we welcome that.

**Porta potties** are located in several places in the grass Lot 31. You can't miss them.

**COVID-19 Race Plan.** Race organizers and medical team encourage entrants to be fully vaccinated, **but no proof of vaccination or negative PCR test is required to participate.** Fully immunized people can still contract and transmit COVID-19, although at a much lower rate than those unvaccinated. So even if you are fully vaccinated, if you are experiencing any symptoms of viral illness (headache, sore throat, cough, fever, fatigue, body aches, loss of sense of smell or taste, shortness of breath), you should not report to the start line on September 17. Medical deferral to our 2023 Run to Remember event will be granted to anyone who cannot participate due to any potential COVID-19 symptoms (you must contact race organizers at [director@illinoismarathon](mailto:director@illinoismarathon) or by calling the race hotline at 217/372-1444).

**Wave start.** Your race bib will have the letter A through G printed on it, to match your Wave start position, based on your answer to the question about your estimated finish time. In the staging area on First Street, adjacent to Grange Grove, you will line up by wave, starting with the A Wave first. Seven volunteers will be holding large wave signs (A to G) to designate where each wave of runners should line up. Each Wave has a unique start, with the first wave heading out from the start line at 7:30 a.m. The B Wave will move up and start within a minute of the first wave, and so on until all the waves have departed. Your timing device is on the back of your race bib (DO NOT REMOVE IT) and it will start when you cross the start line. There is a 2-hour time limit on the course (that's 24:08/mile pace).

**Back bib.** Everyone participating in Run to Remember, plus our volunteers and others helping us execute the event, receives a "Today I Remember" back bib. We invite you to fill out and wear your back bib on race day.

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RUN

TO REMEMBER

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## Race Course



Over 90 course intersection volunteers and 15 law enforcement staff will be on the race course ensuring your safety. Be sure to thank these wonderful humans! **EMERGENCY VEHICLES WILL BE GIVEN PRIORITY OVER RUNNERS/WALKERS WHEN RESPONDING TO AN EMERGENCY CALL.**

**Hydration Station.** There is one hydration station on the course, on the west side of Race Street by Carle Park (across from Urbana High School). Water and Nuun will be served.

**Postrace food/drink/celebration.** Once you reach the finish line, keep moving north along First Street to receive your keepsake finisher medal. We'll also have cold bottles of water waiting for you. The postrace food and more cold beverages will be staged in the grass Lot 31 adjacent to the finish line. You'll enjoy Papa John's pizza, Einstein bagels, bananas, and Kind bars, plus additional cold beverages. And, entertainment provided by the band Jimi Dragonfly, who will be playing LIVE. Kick back and enjoy the postrace celebration with your friends and family.

**FREE race photos.** This year, photographers will be on site to capture all the action. Any photos taken of you during the race will appear on your personalized results page, which you can reach via the Run to Remember website.

**Overall and age-group results and awards.** You will find a link to race results on the Run to Remember website: <https://illinoismarathon.com/races/run-to-remember/> The top three male and female runners will receive overall awards. Five-deep age-group awards will be awarded for males and females in these age groups: 10 & under; 11-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 & over. Personalized awards will be mailed via USPS a few weeks after the race.

**Thanks again for being part of the Second Annual Run to Remember 8K Run/Walk and for supporting our two beneficiaries—United Way of Champaign County and the Community Foundation of East Central Illinois.**

**With special thanks to our race sponsors:** Christie Clinic, Advanced Medical Transport, Body n' Sole Sports, Carle, County Market, Culvers, Einstein Bros. Bagels, Harvest Market, Illini Radio Group, Napleton's Auto Park of Urbana, Nuun Hydration, Papa John's, and Reynolds Towing.