



RACE DAY PARTICIPANT INSTRUCTIONS

Thank you for joining us for the inaugural Run to Remember 8K Run/Walk on September 11, 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 Waves A & B
- 7:00 a.m.—Waves C, D, E, F, & G staging in pods in the Lot 31 adjacent to First St.
- 7:20 a.m.—National Anthem/Honor Guard
- 7:30 a.m.—Wave A departs; subsequent Waves depart, one Wave at a time, a few minutes apart

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. Please leave all your belongings in your car.

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

COVID-19 Mitigation Plan

- As per CUPHD and University of Illinois guidelines, unvaccinated participants must wear a face mask or face covering and maintain social distance in the staging area, at the start line, during the race (unless you are a safe distance from other participants), and at the finish line.
- Additionally, we invite vaccinated participants to wear a face mask or face covering in the staging area (remove it once you start running).
- **There is no hydration station on the race route. Plan to carry your own fluids during the race.** Postrace refreshments include a cold beverage.

Wave start/pods. Your race bib has 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. Waves A & B will stage on First Street in two separate pods. Participants will be five feet apart on all sides. Waves C, D, E, F & G will stage in pods, also five feet apart on all sides, in the grass Lot 31 and be brought to the start line one Wave (or pod) at a time. Each Wave has a unique start. Your timing device is on the back of your race bib (DO NOT REMOVE IT) and 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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TEAM DREW along Mile 4 on Pennsylvania Avenue

Drew Adams is an amazing young man, friend, athlete, and so much more! Drew passed away tragically on May 30, 2020, at the age of 18. The mission of TEAM DREW is to celebrate Drew's life, keep his memory alive, and live out his legacy of living life to the fullest. Along the TEAM DREW mile on Pennsylvania Avenue, you'll see and hear members of TEAM DREW cheering you on and you'll see some signs displaying some of the things Drew has always loved. Thank you, Busey Bank, for sponsoring the TEAM DREW mile!

Race Course



Over 90 course intersection volunteers and 16 law enforcement staff will be on the race course ensuring your safety along the way. Be sure to thank these wonderful humans!

Postrace food/drink. Once you reach the finish line, keep moving north along First Street where you'll find a yummy Grab-n-Go food bag waiting for you containing a delicious Einstein bagel, a banana, a Frito Lay salty snack, a packet of Grace's Sunflower Seeds & Rolled Oats cookies, Drew Adams Skittles pack, Nuun sample, and a Papa John's pizza card, good for a free one-topping pizza ordered online. **Your Run to Remember finisher medal will also be inside the Grab-n-Go bag.** Right after the tables with the Grab-n-Go bags will be another table with cold bottles of water.

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 inaugural 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.