



## FAQ's

### *Registration & Packet Pick-up Questions*

#### **Where is the race located?**

McWherter Center, 1355 Estate Drive (*corner of Estate and Sea Isle*)

#### **What is the race route?**

Map available at: sipna5k.org Generally, 1 loop around Sea Isle Park track, then through Rolling Oaks subdiv.

#### **How do I register?**

You may register either online, in person at any of the packet pick-up locations, or at McWherter Center on race day.

#### **What is the easiest way to register?**

Registering online is the easiest way to sign up.

#### **Can I register at a packet pick up location?**

Yes

#### **Can I pick up a packet for a friend or family member?**

Yes

#### **Is there a family rate?**

Yes. 1) There is no registration fee for children under 15 years of age.  
2) Maximum 2 entry fees per Family to be paid.  
3) T-shirts for children are available for \$8.

Example 1: Single mom with two daughters ages 11 and 12 are going to walk the 1 Miler. Mom pays an entry fee and her girls are free. She can get t-shirts for them for \$8.

Example 2: Parents are run/walking the 5K with their three children ages 7, 16 and 19. They pay two entries and their children are free. T-shirts are available for \$8 to their three children. The 19 year old signs her own registration/waiver.

Example 3: Dad believes he can still run at the same speed as his freshman year of college. Mom has gone shopping so it is just him and their two boys ages 15 and 13. Two entries are paid to run the 5K. The younger son can get a t-shirt for \$8 and Dad signs the registration/waiver for both children.

#### **How do I register for the Family Rate?**

Each family member must register individually regardless of age. Children under the age of 18 must have parent or guardian sign a registration/waiver form.



**Are credit cards accepted at packet pick-ups or in-person registration?**

Not at this time

**Where do we pick up our packets?**

See the schedule of events page on the website for details.

**Am I guaranteed a race shirt?**

All participants pre-registered by April 19th are guaranteed the race shirt they requested during the registration process. Race Day and Packet Pick-up sign-ups are not guaranteed the shirt size of their choice, shirts will be given on a first come first serve basis while supplies last. We will do our best to get everyone the shirt size they want.

**What type of shirts are being given?**

GILDAN 100% Cotton Jersey Fabric | Classic Fit | 6 oz. weight | Preshrunk Jersey Knit | Taped neck & shoulders  
In white and heather grey. go to sipna5k.org for picture

**Will I be able to change my shirt size?**

You will not be able to exchange your shirt until after the race. We will have an area with leftover shirts for those wishing to exchange their shirts. You will be given the shirt size you ordered during registration. Sorry, but no exceptions.

**How can I get a race shirt if I do not want to participate?**

You may register as a ghost runner to receive a race shirt. You do not have to compete if you do not wish to do so. You may pick up your shirt at any of the packet pick-up locations.

Or

Go to sipna5k.org and click on "T-Shirt" to order

**What type of timing is being used?**

Best Times will be timing the event and it will be a card finish.

## RACE DAY QUESTIONS

The race will happen rain or shine!

**Where does the race start?**

McWherter Center front parking lot, 1355 Estate Drive (*corner of Estate and Sea Isle*)

**Are there restroom facilities?**

McWherter Center will be open before and after the race.



**What time does the race start?**

9:00 a.m.

**When should I arrive?**

Race-day registration opens at 7:30. Most runners plan to arrive at an event 1 hour prior to race start time. If you have not picked up your packet at a packet pick-up, please arrive at least 1 hour in advance of race start.

**Where do I park?**

Sea Isle Elementary East parking lot  
Behind McWherter Center  
Along Estate Drive or Sea Isle Road

**Are baby joggers/baby strollers allowed in the race?**

Absolutely Yes, please start towards the end of the pack.

**Are walkers allowed to participate?**

Absolutely Yes, please start towards the end of the pack.

**Are runners allowed to run with dogs?**

Dogs are NOT allowed at the 5k per MPD.

**When are the awards?**

Shortly after the last person crosses the finish line and times are calculated.