

Thursday, November 28, 2019 ● 9:00 AM
USA Track and Field Certified Course ● NY12131KL

PLEASE NOTE: The race course has been accurately measured and certified, making it eligible for official record-setting performances. Please do your part by running only along the paved roads as indicated on the official course map. Disqualification from the race will result if runners cut corners.

Welcome to the **29th Annual Race w/ Grace 10K**. If you are a newcomer, thanks for joining us this year. We trust you will enjoy the race and the festivities afterwards. If you are a repeat entrant, thanks for the vote of confidence ... we trust your return means we're doing something right.

Please note the following details:

RACE BIB & APPAREL PICKUP: You may pick-up your bib and RwG apparel at First Bible Baptist Church, 990 Manitou Road (South Entrance) on:

- Tuesday (11/26) or Wednesday (11/27), 5-7 PM
- and from 7:00-8:45 AM on Thanksgiving morning

Remember: no bib, no timing/results!

RACE NUMBERS: Please wear them on the FRONT of your shirt/jacket as many of the finishers will be photographed. The race number will be used for identification purposes only.

TIMING: Score-This will provide a fully computerized finish line for our race. All runners will be using the bib chip timing system which will ensure accurate & timely race results. Chips will NOT be collected at the finish, so you may take the bib with you.

BATHROOMS: Men's/Women's rooms are located off both the north and south corridors on either side of our auditorium. There are also **three** portable restrooms located outside in our SOUTH driveway close to Manitou Road and the race start.

PARTNERS: If you are running as a "team" (husband/wife, father/son, etc.), please make sure you have indicated that on your registration form. We did not assume you wanted to run as partners unless you checked the appropriate box. There is no additional cost to run as partners. We just wanted to promote a family-oriented activity and give you an opportunity to win a gift certificate. As long as both partners don't place in an age group or overall standings, you are eligible to win in this category. One partner per person.

STARTING LINE: It is located approximately 300 feet north of the church's south driveway. It still is a bit of a distance from the registration area to that location so please allow yourself time to get there. WE WILL START THE RACE PROMPTLY AT 9:00 AM. Please use the south driveway for your warm-ups and not Manitou Road. The Greece Police will close the road to traffic shortly before the start.

EARLY START OPTION – READ CAREFULLY: In order to minimize the impact on our community, we are offering an early start option, beginning promptly at 8:30 am, for anyone who would run/walk at a 12 minute pace or slower. This will allow us to reopen affected roads sooner than if everyone started at the same time. The early start location is different from the regular start. We will begin near the Finish Line this year. Please meet at the Finish Line at 8:20 am. Note that those running/walking significantly faster than 12 minute miles will be disqualified and ineligible for awards.

WATER STATIONS: There will be water near Mile #2 (near Manitou/Frisbee Hill) and again near Mile #4 (on Frisbee Hill)



Pontillos

Ellis Coffee



AWARDS: After indulging in the refreshments, and tabulating results, we will conduct our awards in the Commons at approximately 10:45 am. We will do our best to have you on your way home by 11:30 am.

Hope you have a great race!

Jeremy, Bob and the Race with Grace team