

End Homelessness Now 5k/10k
Sunday, August 6, 2017

FAQ

1. **What time does the race begin?**
1 Mile Fun Run/Walk starts at 8:00 a.m.
5k and 10k starts at 8:30 a.m.
2. **Where do I pick up my race packet and can I pick up my friend's?** You can pick up your race packet between 7 – 8 a.m. on race day at St. David's Episcopal Church. You will be allowed to pick up a friend's packet as well.
3. **Can I bring a stroller or baby jogger?** Yes, you can!
4. **Can I run with my dog?** We're sorry, but for safety reasons all pets are prohibited.
5. **Can I get a refund if I register but don't run?** We're sorry, but no refunds or transfers will be allowed.
6. **Can I run with headphones or ear buds?** No! The roads will not be closed down, so for your safety and safety of the other race participants, you will not be allowed to wear them.
7. **What are the distances of this race?** The 5k is 3.1 miles and the 10k is 6.2 miles.
8. **Will there be water on the route?** Yes, there will be on station on the route and there will be water at the finish line as well.
9. **Where is the start and how do I get there?** The race starts and finishes at St. David's Episcopal Church, 16200 W 12 Mile Road, Southfield, MI 48076. It is located on 12 Mile Road between Southfield Road & Greenfield Road.
10. **What are the parking accommodations?** There will be ample parking available near St David's Episcopal Church- a short walking distance. Please look for signage on race morning.
11. **Will there be an after-race celebration?** Yes! All are welcome and encouraged to attend the Interfaith Celebration and Prayer Service (Mass Choir) at 10:00 a.m. immediately following the race.

12. **Are there awards for this event?** Yes! Awards will be given to:
- * Overall M/F winners of the 5k & 10k
 - * Overall M/F Masters of the 5k & 10k
 - * Top 2 M/F in each age group
 - * Largest team registered (must all be registered online by Aug 4)
 - * Team that raises the most money (as of Aug 4)
 - * Individual that raises the most money (as of Aug 4)
13. **Are there bathroom facilities at the start/finish area?** Yes
14. **Do you have race day registration?** Yes, registration will be available on race day, at St. David's from 7:00 – 8:00 a.m.
15. **I signed up for the 5k, but changed my mind and would like to run the 10k- can you switch me?** Yes, we can change your event; you will just need to pay the difference. If you switch down from the 10k to the 5k, we will not refund you the difference. (You can make the switch on race day- please bring cash or a check with you)
16. **What happens if it's raining?** The race happens rain or shine. Please come prepared and dress appropriately!
17. **My group is interested in volunteering for this race. Who do we contact?** We are always looking for volunteers to help! Please register as a “volunteer” at my.southoaklandshelter.org/run by clicking on the volunteer link under the EVENT DETAILS tab. If you have specific questions, please call Megan Holt at (248) 809-3773 or at megan@oaklandshelter.org
18. **Am I allowed to run this race in a costume?** Sure! Dress up if you wish and have fun.
19. **Is this a Fundraiser?** Yes, this race is to benefit the South Oakland Shelter. www.southoaklandshelter.org
20. **Is the race timed?** Yes, Newton Timing & Race Services, LLC will be the timers at the race.
21. **I am new to running- do you have any suggestions to help me train?** Yes, we recommend the Couch to 5k program! Find out more details at <http://www.c25k.com>