



## 2017 RUNNERS' GUIDE – UPDATED APRIL 20, 2017

**WARNING! Lots of words ahead! You should read all of them - they're important!**

**The race starts at 9:00 a.m. near the intersection of Ludlow and Leland Streets in Portland.**

### GET READY...

#### Packet Pick-up

It's your choice - pick up race materials (bibs, safety pins, race shirts) at:

##### Fleet Feet Maine Running

309 Marginal Way, Portland from 4:00 - 7:00 p.m. on Friday, April 21st.

Pre-registration will also be available at this location for \$20 for adults, \$12 for youth (under 18), and \$50 for families (2 adults and up to 3 youth).

##### Deering High School

**(REGISTRATION IS BEHIND THE SCHOOL)**

370 Stevens Ave., Portland from 7:30 - 8:45 a.m. on Saturday, April 22nd.

Race day registration will also be available at this location for \$25 for adults, \$15 for youth (under 18), and \$60 for families (2 adults and up to 3 youth).

#### Inclement Weather

The race will be held rain or shine! (Put on your rain slicker – it's looking a bit soggy on Saturday.) And be ready for some mud on the trail.

#### Directions

The race will start at the intersection of Ludlow and Leland Street (look for the START flags).

#### Parking

Free parking will be available in the following locations:

- Lot behind Deering High School (space will be limited)
- Longfellow Elementary School
- On surrounding neighborhood streets

Click [here](#) for a parking map.

The good folks at [Woodford Street Garage](#) (260 Woodford Street) are happy to have UR5K participants park in their lot.

Parking will be available on a first-come, first-served basis, and normally scheduled events will also be happening on the playing fields.

## Go Green to Get There!

Please consider riding your bike, taking the bus, carpooling, or walking! This will reduce parking needs while keeping in line with our "green" mission! [Metro Bus](#) #9 stops right in front of Deering High School.

## Street Closures

**Stevens Ave.** between Higgins St. and Pleasant St. will be closed from 7:00 a.m. to 11:00 a.m. to accommodate the finish area and [Green Neighbor Family Fest](#).

A section of **Ludlow St.** (from Columbia Road / Leland Street to Rosemont Avenue) will be closed to traffic from 8:30 to 9:15 a.m.

## GET SET...

### Race Shirts

If you ordered a race shirt when you registered, you **must pick it up at one of the packet pick-up locations and before 8:45 a.m. at Deering High School on April 22nd**. Those who ordered a shirt prior to March 1, 2017 are guaranteed their size. We will do our best to accommodate those who ordered shirts after March 1st.

Shirts may be available for purchase for \$20 after the race starts at the info table near the gym at Deering High School. Quantities and sizes will be limited.

## GO!

### Bibs & Timing Chips

When you pick up your packet at registration you will be given a bib affixed with an electronic timing strip. If you are picking up for more than one person, make sure that each person gets the correct bib. When you receive your bib and safety pins, please make sure that you wear it on the front of your body where it can be seen at all times by race officials. **The bib should be on your abdomen, NOT your leg!**

### Start Corral Signs

We're using a start corral for a more efficient and convenient race day experience. This process is necessary because of the large field of runners and due to the potential bottlenecks on the trail portion of the course.

On race day, please seed yourself inside the corral based on your expected 5k pace. The corral will consist of a series of 8-foot tall signposts on the side of the street. Each sign will be posted with a different pace (minutes/mile: <6:00, 6:00, 7:00, 8:00, 9:00, 10:00, >11:00). Each runner should position themselves near the appropriate sign. The fastest runners will be seeded first in the front of the corral, and the slower runners/walkers will be seeded toward the back.

### Course Description

Our unique course weaves through quiet suburban neighborhoods and follows the Forest City and Evergreen Cemetery Trails, part of Portland Trails' system, for about a mile. The trails are fairly wide except for a quarter mile section near Mile 2 that is single-track and goes uphill. A few rocks and roots stick up on the trail, so be aware of your footing, but you should be just fine wearing your regular road running shoes. Be prepared for muddy trail conditions. Did we mention you'll be running right in the heart of Portland?

For a course map, click [here](#).

### WARNING - Running Hazard

Just past Mile 1 runners will transition from a wide road to a narrow trail head. **Please use caution when entering the trail.**

### Traffic

Please keep in mind that portions of the course are open to traffic. Always run on the right side of the road, and stay in the breakdown lane whenever possible. While running along Stevens Ave., stay to the right of the orange traffic cones. Volunteer flaggers will be at every intersection stopping traffic and waving you in the right direction.

## Restrooms

Restrooms will be available inside Deering High School before and after the race. Portable restrooms will be stationed near registration. Portable restrooms will NOT be available on the course.

## Water Stops

Water will be provided at the starting area and at one water stop near the duck ponds in Evergreen Cemetery, around 1.5 miles. Recyclable cups have been provided by the Portland Water District!

## Four-Legged Friends

Dogs are NOT permitted on the race course for safety reasons.

## Strollers

We do not recommend using strollers on the race course for safety reasons, and only walkers will be permitted to use strollers. Part of the course is on a wooded trail, with a few narrow sections. If you choose to use a stroller, we suggest trail/running models with rugged tires and shocks. Anyone with a stroller MUST start at the back of the starting chute.

## HERE'S TO YOU!

### Cheers to BPA-free Water Bottles for All!

Once you cross the finish line, grab a water bottle filled with (what we think is) the nation's best water - brought to you by the Portland Water District from Sebago Lake!

### Awards for Top Fundraisers

Local businesses have donated great prizes for our top fundraisers! If you've raised additional funds to support our clean water education programs, thank you!

Top fundraisers will be acknowledged at our awards ceremony in the Deering High School gym at 10:45 a.m.

### Awards for the Speedy

All of our overall and age category prizes have been generously donated by [Mountain Khakis](#), [Atayne](#), [Lamey Wellehan](#), the [Sunrise Guide](#), and others. Prizes will be awarded to the 1st, 2nd, and 3rd place males and females in the following categories: Overall, Under 10, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. The awards ceremony will take place at 10:45 a.m. in the Deering High School gym.

### Awards for Teams

We love to see TEAM WORK! We'll be recognizing teams in the following categories:

- Largest team overall
- Fastest team overall
- Slowest team overall (who says speed-demons should get all the glory?!)
- Largest sponsor team
- Fastest sponsor team
- Largest Nonprofit team
- Largest Municipal team
- Largest Environmental Consulting Firm team

### Awards for Costumes

New this year we'll be giving an award to the most styling race participant or team. Be sure to stop by the registration table in your costume to be entered to win. We can't wait to see what you've got!

### Post-Race Perks

Food will be available to all registered runners & volunteers after the race. Enjoy a post-race massage provided by [Chiropractic and Sports Health](#). Food and massage will be inside Deering High School – follow the signs inside the main entrance.

## TIME TO CELEBRATE!

### Green Neighbor Family Fest

The *Urban Runoff* will lead into a post-race, family festival, taking place on the Deering High School gym from 9:30 a.m. to 12:30 p.m.

The [Green Neighbor Family Fest](#) celebrates clean water on Earth Day. We're excited to have a live performance from the [Maine Marimba Ensemble](#) both before and after the awards ceremony. We'll also have a bounce house, face painting, and more! A full list of partners and activities is available on our [website](#).

### Fuel for Fun!

Local food vendors will be parked just outside the Deering High School gym. [Cannoli Joe's](#) will provide tasty treats.

### Say cheese!

Professional photographers will be taking photos along the course, so be sure to flash them your best smile! Photos will be posted on our [Facebook](#) page when they're available.

## GIVE US A HAND

We still have a few volunteer jobs available! Ask your friends and family to "run" the race with you! Volunteers can sign up online [here](#), or on race day by heading over to volunteer check-in near the Deering High School gym starting at 7:00 a.m. We'll put you right to work! All volunteers receive a free shirt and some other perks (we promise to take good care of you!). For more information, please check out our [volunteer page](#), or contact [Jodie Keene](#).

### Refund Policy

No refunds will be issued for this race. If you are unable to race, you may transfer your entry to next year's event.