



## Frequently Asked Questions from Runners

### Where and when does the 5K start?

*The 5K starts at 10:00am on Neponset St.; turn right out the door of the Cafeteria, then just past Pond St.*

### Where and when does the 10M start?

*The 10 Miler starts at 10:50am on Foxhill Rd; turn right out the door of the Cafeteria, right on Pond, turns into Foxhill. It's about ½ mile from Cafeteria.*

### Are there start/finish mats?

*Yes, new for 2018, for both races but please be punctual for start of both races.*

### How will the ½ Marathon Combo Work

*If you've registered prior to the start, simply start & finish the 5K and then make your way to the start of the 10M.*

### Where do the races finish?

*All races finish in the parking lot just past the Cafeteria on the right. Runners must turn into the parking lot and see the finish shoot as soon as they turn in.*

### What is the Course Record for 10 Miler?

*Men: 49:34, Women: 57:11 \$150 if 10M record is broken.*

**Are there finisher's medals?** *Yes. Medals will be given to finishers of the 5K & 10M after they cross the finish line. Finishers of the BadAss Half Combo can collect their 5K, 10M after they finish the 10M and special pieces are collected at registration.*

**Are there Porta-Johns along the way?** *No.*

### Will there be mile markers?

*Yes. For every mile on both courses*

### Are there water stops?

*Yes. The 10 Miler has 3 water stops at about the 3m, 5m and 7m marks and the 5K has 1 water stop at 1.5m.*

### Will there be splits called out?

*Yes. At 1, 3, 5, 7 and 9 miles for the 10M and 1 and 2 mile marks for the 5K.*

### Is there post race food available?

*Yes. Hot food, sandwiches, bagels, fruit. Must have bib to enter line. Seconds are available once all runners have received their meals.*

### Is there a runner's raffle?

*Yes. Must have bib number to enter and winners will be posted on poster board in the cafeteria.*

### What do I do if I need to drop out of the race?

*Try to get to nearest water stop at 3m, 5m, 7m and let volunteer know. If an emergency, have volunteer call 911. If a non-emergency, have volunteer call Sandy at 508-904-7217 for assistance.*

### Is there a bag drop off available?

*No. Unfortunately, we are limited on space.*

