



Frequently Asked Questions from Runners 2019

Where and when does the 5K start?

The 5K starts at 10:00am on Neponset St. & Bradford Ave. It's a right out the door of the Cafeteria about .15m up.

Where and when does the 10M start?

The 10 Miler starts at 10:45am on Foxhill Rd; turn right out the door of the Cafeteria, right on Pond, turns into Foxhill. It's about .5m mile from Cafeteria.

Are there start/finish mats? *Yes.*

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.

How will the Team Competition Work: *The team that runs the longest cumulative distance from finishes in the 5K, 10M or combined, will claim #1 Team BadAss. They will also win \$200 in cash OR we will donate to your favorite local charity on your Team's behalf! Teams must pre-register BEFORE race day and field at least 5 finishers who are on the pre-registered team roster.*

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 all races, including the BadAss Combo after they cross the finish line.*

Are there Awards? *Yes. OVERALL M/F Finishers in All races PLUS- Top 3 M/F AG Finishers in 5K & 10M &- 1st in AG for BadAss Combo.*

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 narks and the 5K has 1 water stop at 1.5m.

***Gatorade will be available at the 5m and 7m water stops along the 10 mile course.*

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. 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. Top winners will be posted on poster board and called out, too, 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.