



FAQs



RACE DAY LOGISTICS

1. Where and when can I pick up my race bib and t-shirt?

Friday, July 25 / 2:00-6:00pm

Located at Park Center - 2nd Floor
2400 Chestnut Avenue, Glenview

Saturday July 26 / 6:30-7:30am- 5k/10k Race Day!

Saturday July 26 / 8:00-9:00 am- Foam Frenzy

Located in South Play Fields – Gallery Park

2. How early should I arrive?

5k/10k participants - please arrive between 6:30-7:30am

Foam Frenzy Fun run - please arrive between 8:00-9:00am

3. Where do I park?

Please park in the parking lot directly between Attea and Park Center

We recommend you do NOT leave valuable items visible in your vehicle and lock your car doors.

4. What time do the races start?

- 8:00am- Jammin 5K/10K
- 9:30am- Foam Frenzy ½ mile Fun Run

5. Where are the restrooms located?

Port-o-potties will be located near start/ finish

Restrooms- Attea Middle school – north side of building

6. Is first-aid available on-site?

Yes, Endeavor Healthcare professionals will be available to assist you. Physical therapist will also be available to offer light stretching (post-race).

7. What should I expect at the start and finish lines?

- Start lining up 10-15 mins prior to race start
- The National Anthem – 5 mins prior
- Last minute race course reminders
 - 10K is a two-loop course!
- Please line up based on your expected finish time. If walking or slower pace, please seat yourself farther back. Since it's CHIP TIMING- your official race time won't begin until you cross the chip timing mat.
- When finishing the races- you will receive a finishing medal and bottle of water! Time to celebrate!



FAQs



COURSE INFORMATION:

8. Are there any hills on the 5K /10K courses?

Yes, you have two hills (one at the beginning and end) for the 5K. The 10k has three hills (one at the beginning, middle and end)

9. Are there water stations along the course?

Yes, water will be available at the start of the run, a few more times on the course and at the finish.

10. Can I run/walk during the 5K?

Absolutely! This is YOUR race 😊

11. Are strollers or dogs allowed on the course?

Yes, Gallery Park is open to the public you might see dogs and strollers. If you want to run with a Stroller and/or dog, please seat yourself farther back in the pack.

12. What are some important rules to the running course?

- Seat yourself according to your estimate finishing time- faster pace in front – slower in back.
- Please announce yourself if you are passing someone
- Have FUN and ENJOY the music as your run past the bands!
- 5K finishers will stay to the left near the finish line – 10K runners stay to right- one more loop!

13. Where can my family / friends watch the race?

Spectators are welcome to watch the races anywhere, as long as it is not on the course

14. Where can I find results and race information on race day?

Race results: <https://track.rtrt.me/e/SZR-JAMMIN-5K-10K-2025>

NOTE: the above link is where participants should go for LIVE results

15. If I podium in my age group, do I have to be present to pick up my award?

No, you can pick up your award at Park Center. They will be available for pick up until August 31. We will not mail you your award.

16. Will the race be held if it rains?

Yes, the races will only be canceled in cases of extreme inclement weather, and no refunds will be issued. To determine the status of the race, call (847).657.3249 to hear a recording. You can also check out our Rainout line. Link: <http://www.glenviewparks.org/weather-cancellations/>

***If you have additional questions, please contact Kathleen McInnis at
Kathleen.mcinnis@glenviewparks.org or (224).521.2596.***

Thank you for participating!