



## **RACE DAY LOGISTICS**

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

**Friday, July 24 / 2:00-6:00pm**

Located at Park Center - 2<sup>nd</sup> Floor  
2400 Chestnut Avenue, Glenview

**Saturday July 25 / 6:30-7:30am- 5k Race Day!**

**Saturday July 25/ 8:00-9:00 am- Foam Frenzy**

Located in Gallery Park

### **2. How early should I arrive?**

5k 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
- 9:30am- Foam Frenzy 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 for 5k?**

- Start lining up 10-15 mins prior to race start
- The National Anthem – 5 mins prior
- Last minute race course reminders
- 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!

**COURSE INFORMATION:**

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

Yes, you have two hills (one at the beginning and end)

**9. Are there water stations along the course?**

Yes, water will be available at the start of the run, 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!

**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-2026#/leaderboard/5k-finishers-gender-all-gun-time-5k>

*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  
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Thank you for participating!***