



Live Well, Do Good Race: What You Need To Know

When: The Live Well, Do Good 5k and One Mile Race is this Sunday, June 2, 2019.

- **One Mile begins at 8:30 a.m.**
- **5k begins at 9 a.m.**

We recommend arriving at least 30 minutes before your race – more if you have to pick up your t-shirt.

Where: Meet in the back of First Congregational Church of Hudson (47 Aurora St. Hudson, Ohio) for both the One Mile and 5K. You'll be directed to the starting line at College and Aurora Street when the time comes.

We've attached a map of the complete 5k course. The One Mile will follow the same path, but turn around at the Murdough Athletic Center and Natatorium.

T-shirts and Packet Pick Up: Every participant (both One Mile and 5K) will receive a t-shirt. 5k participants will also receive a bib. You can pick up shirts and packets during the following times:

- **Saturday, June 1, from 10 a.m.-1 p.m.**, First Congregational Church of Hudson, Fellowship Hall
- **Day-of-Race packet pickup begins on Sunday, June 2 at 7 a.m.** under the tent in the lower parking lot.

Race Day Parking: There will be no parking available in the church parking lot. Please park on the various streets surrounding the church, in downtown Hudson, or at First and Main.

Water and Refreshments: There will be a water stop on the 5k course that participants will run past twice during the race. Water and light refreshments will be available after both the One Mile and 5k.

Restrooms: A number of restrooms are available in the church for use the morning of the race. Directions will be clearly marked.



Awards: Awards for the 5k will be given to our top three male and females, and then top one in all age groups (both men and women) 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

Worship: We will be having one worship service at 10:30 a.m. – all are encouraged to attend in your race clothes – it will be a short and casual service. Sunday school and infant/toddler care will be happening at this time too.

Why? Proceeds will be donated to The Children’s Center at Valley View. This preschool will be located in the Akron Metropolitan Housing Authority neighborhood in Akron’s North Hill community. Starting in Jan of 2020, this preschool will provide families access to a quality preschool in an area where no other opportunities exist.

Questions? Contact Emily Lopick: elopick@hudsonucc.org or 440.821.0146. You can also visit the church website at www.hudsonucc.org. On the day of the event, volunteer race workers will be wearing brightly colored volunteer vests. They can answer questions or contact someone who can.



Course Map

- Red line denotes the 5k course.
- The One Mile will follow the same path, but turn around at the Murdough Athletic Center and Natatorium.

