

Athlete Guide – 2017 Resolution Run 5K

1. The 2017 Resolution Run 5K is totally sold out! There is no Raceday registration.
2. Be at the Hillsborough Municipal Building (379 So. Branch Rd 08844) starting at 9:30 am to pick up Bib (with attached B-tag timing chip), goody bag and hoody.
3. Carpool if you can. Park in legal spots only. We have permission to park in any legal spot around the building including the Library and Playground areas. Do not park on So. Branch Rd or Beekman Ln. Police will be enforcing regulations. Lots of parking on surrounding streets but allow enough time to get your stuff and return to car.
4. Faith Lutheran Church has asked us not to use their parking lot this year, due to regular Sunday services on January 1.
5. Please bring toiletry or cleaning item, or non-perishable food item for Food Bank collection. Drop off area will be marked inside Multi-Purpose Room.
6. Pickup area arranged alphabetically in Multi-Purpose Room, to your left as you enter from the main hallway. You will get your bib with attached timing tag and pins for your bib. Move on to the goody bag and hoody pickup areas.
7. Hoody Size. The size you requested is marked on your bib. Please do not ask for a different size; Volunteers cannot change sizes.
8. Pin your bib on front so it is visible.
9. Bathrooms located inside Municipal Bldg.
10. Follow instructions given on loudspeaker. Line-up outside Library about 10 minutes before 11:00 am start.
11. Faster runners line up near front. Slower runners and walkers please stay further back.
12. Race Director will give final instructions.
13. Commands will be "Ready. Start"
14. No water stops on course due to cold weather and distance. If you feel you may need to drink or eat, please bring what you need.
15. No "Bandits" please. If you are not registered, stay off the course! Do not cross Finish Line. It ruins the timing! This race is timed according to "Gun Time," which is the actual time between when we all start and when YOU finish.
16. Mile 1 and Mile 2 will have Volunteers to call out the time.
17. Other Volunteers are located at every major turn. Course is marked with arrows and cones. It is OK to thank our Volunteers!
18. Run in "safe mode;" in the parts of the course where we share the road.
19. Be courteous to any vehicles you see. They probably belong to residents who live along the course. You can wish them a "Happy New Year," but please defer to them.
20. After crossing Finish, receive your Ribbon and proceed to Multi-Purpose Room for water, pretzels and fruit. Please keep food line moving; save some for later Finishers.
21. U.S. Candidids will be taking photos throughout the morning. You will get an email in a day or two when photos are ready. Check anytime at www.uscandidids.com
22. Check www.resolutionrun.org or www.facebook.com/resolutionrun5k for any last-minute advisories. Race Hotline: (908) 285-0383. Email us at info@resolutionrun.org
23. Awards and Random Prizes will take place in Multi-Purpose Room starting at approximately 12:00 noon. First, second and third overall prizes are given, followed by awards 3 deep in five year age groups beginning at 9 and Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. In addition, first Masters (40 and over) are awarded. Prizes are given for Most Original, Most Funny and Most Sincere Resolutions. There may be other categories.
24. Look for the Race Expo near the Volunteer Desk. 2016 hoodies (\$10 each) are available while they last! Runner's Gloves (\$2 a pair). Cash or check only.
25. Look online (www.resolutionrun.org or www.compuscore.com) Sunday afternoon for full results. Resolutions are always available at www.resolutionrun.org

Have a Great Race and a Great 2017!