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Run In The Parks Frequently Asked Questions

Why does the Y hold this race?

This is a 40 year tradition for the Y and the City of Laguna Niguel. Additionally, proceeds from the race benefit our scholarship program for children and families.

Where is the race located?

The race is located at the YMCA within Crown Valley Community Park in Laguna Niguel. The address is 29831 Crown Valley Parkway. From the 5 freeway, exit Crown Valley and turn west. The YMCA will be on the right hand side about 3 miles off the freeway between La Plata and Niguel Rd. The 5K and 10K start in back of the Y gymnasium. The Children's Races take place on the soccer field.

Where should I park?

The 4th of July will be a busy day within the park (fireworks, free swim, concert, etc.). We are highly recommending that people not enter the parking lot... it will fill up fast and is difficult to get out of. We are recommending that instead you park on Crown Valley Parkway and walk in. The "no parking" street signs will be bagged for the event. Parking going west bound is best.

What is the course like?

The course runs from the Crown Valley Community Park into the Laguna Niguel regional park. Most of the course is paved, but there is a section of dirt trail on the back side of the lake. The majority of the course is flat with the exception of a small hill leading up to the lake dam. The course is well marked by our race coordinator.

What should I bring?

The weather is different each race year and we do start early, but we encourage the use of sunscreen before you get to the race. Plenty of water and food will be available throughout the morning, no need to pack extra. No need to bring money unless you still need to register or purchase a pancake breakfast ticket. If you are bringing your dog please ensure you have bags to clean up.

What time is the event?

Registration opens the morning of the race at 6am in the Y gymnasium. The 5K & 10K race will be starting at 7:30am with announcements beginning at 7:15am. Children's races will be starting at 9:30am with announcements beginning at 9:15am. Since parking will be difficult, please plan on arriving at least 30 minutes prior to the run and earlier if you need to pick anything up or are registering. The voting for the most patriotic dog is at 9am at the awards booth.



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How do I register?

Registration is available online at www.ymcaoc.org/ritp. Registration is available by mail until June 18th. Registration is always available at the YMCA in person.

How is the race timed?

The 5K and 10K race are chip timed. Chips are located on the foam strip on the back of your bib. Please wear your bib on the front of your shirt for accurate timing. Children's races and dogs are not timed.

What race should my child run?

Children are able to run/walk the 5K, 10K or the Children's races. An adult must accompany a child under 12 running the 5K or 10K. Children's races are for youth 0-12 years old and range from 25 yards to 1 mile. We provide suggested ages for each of the Children's Races, but the determination of distance should be made by parents. Parents are welcome to run alongside their child if needed.

Any etiquette reminders?

The 5K and 10K races will be timed by electronic chip, therefore there is no need to hurry across the start line. Your race time will begin when you cross the start line and will stop when you cross the finish line. If you will be doing a 5K or 10K race with children, strollers or dogs please line up at the back. Dogs must be on a short (non-retractable leash). This is a YMCA function, so be sure to abide by our values of caring, honesty, respect and responsibility.

How do I pick up my race packet?

Packet pickup days are July 2nd 12pm-6pm and July 3rd from 10am-6pm at the YMCA. You may also do so on race day beginning at 6am. We highly encourage you to not wait until race day to pick up your information as we have a lot of day of registrations. In addition shirt sizes are on a first come first served basis and you will want to get your desired size. You are able to have someone else pick up your packet if you provide them a written letter to do so.

When are race results available?

Results will be posted at the awards table at 9:00am. Remember that since the race is chip timed the last person to start the race could possibly be the fastest time which causes the delay. Full results will be available online at www.ymcaoc.org/ritp on July 5th at 12pm.

Are there photos?

There will be a photographer at the race. Photos will also be placed on our website for purchase the week after the race. To receive notification as soon as the photos are ready, sign up at the race website www.ymcaoc.org/ritp.



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Are there awards?

1st-3rd medals will be given for both genders, in all age divisions, for both the 5K and 10K races. Medals can be picked up at the awards table or at the YMCA for one week after the race. All children in the kid's race will receive a medal.

What is available after the race?

When you finish the 5K and/or 10K race please exit the race path and turn left across the bridge. There will be a post-race party with water, food, DJ, face painting, awards, pancake breakfast, etc. found at the soccer fields. Your pancake breakfast ticket is inside your goodie bag. Extra breakfast tickets can be bought at the event via the Chamber of Commerce.

How does the Y provide for safety?

We have two water stations on the 5K course and three for the 10K. Each station has water and basic emergency supplies. Midway through the course there is an ambulance on stand by and at the end of the course there is an EMT station. The lost and found is located in the YMCA facility.

Does the event need sponsors and volunteers?

We need about 100 volunteers the day of the race to ensure safety and provide for the over 1,500 participants. Volunteers must apply with the Y in advance of race day. Volunteer shifts are for 2-3 hours. Volunteers will be provided with a shirt, goodie bag and pancake breakfast ticket. Sponsorships range from \$500-\$5000 and are due by June 1st. To learn more about volunteers and sponsors visit www.ymcaoc.org/ritp.