

Race Day Preparedness

General Race Information

Packet Pickup:

Each participant must show their ID when picking up their packet. You may pickup someone else's packet, **but** you must have a copy (paper or electronic) of their driver's license and be prepared to show your own ID.

Packet Pickup Schedule:

Friday, October 20, 2017, 10 AM to 7PM at the Conway Regional Health and Fitness Center (700 Salem Rd., Conway, AR 72034)

Race Day Packet Pick Up:

Saturday, October 21, 2017, 5:30AM – 6:45AM at the McGee Center (2800 College Avenue, Conway)

Race Location: The race will start and finish at Conway's McGee Center, located at 2800 College Avenue.

To McGee Center from I-40 East (Fort Smith): Take exit 124. Turn right at the traffic light onto Hwy 64 (Old Morrilton Hwy). Follow Hwy 64 for about 2 miles, and then turn left on Hogan Lane. Turn left at the second traffic light onto Prince Street. Turn right into McGee Center drive (just before car wash).

Race Time: 10K - Saturday, October 21st, @ 6:55AM
Half-Marathon - Saturday, October 21st, @ 7:10AM

Group Meeting Place at Race: McGee Center (find the bright green shirts) @ 6:30am

Group Transportation: There will be NO church provided transportation this year; however, if you would like to follow us, just arrive at the church by 5:00am.

Race Instructions

Day Before the Race

- Relax!!! Stay off your feet as much as possible but don't stress about it.
- Eat a good meal the night before, but not something that settles heavy on your stomach
- Get plenty of sleep especially two nights before race day
- Lay your clothes out the night before and know what you are going to wear

Day of the Race

- Relax!!! Enjoy the atmosphere.
- Arrive in plenty of time that you will not feel rushed.
- There is a place to keep your stuff in the McGee Center. Drop your stuff off here. You can ask about this when you pick up your packet.
- Meet the group at the McGee Center for a group picture and final encouragement at 6:30am.
- Temperatures at race time should be somewhere between 60-65 degrees. It looks to be a perfect day in terms of weather.
- With these type of temps, you will probably just need to wear what you are used to wearing for a normal run. However, if the forecast changes to cooler temps, dress in layers with clothes that are disposable. You can get cheap mittens at Wal-Mart that you can throw off. You can also wear a trash sack at the start if it is cold or rainy and throw that off as well.
- Let your friends and family know what clothes you are wearing so that they can identify you. If you are not wearing our group shirt, then I would recommend that you wear something bright so that your friends and family can easily spot you.