

Fun Walk & Run: Race Day Instructions



From arrival to departure, The Daniel Plan has laid out the Race Day for you below. Whether or not you walk or run in a race, come and enjoy the Health Expo, breakfast at the Refinery, LIVE music and cooking demonstrations featuring author Tana Amen, chef Jenny Ross and Marie Goodrow from Henry's. Good times are in store!

Arrival & FREE Parking

Please arrive through one of the two entrances on Portola Parkway. Upon arrival, you will be directed to available FREE parking. We recommend arriving 45 minutes early to allow for registration, packet pick-up, warm-up, and stretching.

Pre-Registration

On Friday, June 10, we will have a pre-registration period for anyone who registered in advance, or who would like to register from 2-6 p.m. in Tent 3. You will pick-up everything you need for Race Day. On Race Day, you will not need to check-in at the registration tables.

Registration & Check-In

If you haven't pre-registered, head to Tent 3 to register and/or pick up everything you need for the race, including your race bib, safety pins, timing chip, T-shirt and goodie bag. Upon registration, listen to the PA announcements for your starting times.

Race Details

For the 10K, there will be three aid/water stations. The 5K will have two aid stations. At the finish line, turn in your timing chip and replenish yourself with Gatorade, water, oranges and bananas, provided by Trader Joe's.

Noteworthy: Get Dunked & Post-Race Snacks

Get your body fat accurately measured using Hydrostatic Body Fat Test which immerses you under water. This is a great way to measure your current body fat. Bring a towel, swim suit and \$20. Thanks to Silver Sponsor, **12 Week Fitness Challenge** and the **Fitness Wave** for bringing the dunk tank!

Thank you **Trader Joes** for providing participants with post-race snacks like oranges and bananas!

Awards & Special Recognition

Awards will follow the conclusion of each race from the main stage. Awards will be given to the top three finishers overall for both male and female, and the top three finishers in each age division for both male and female. Note: The timing of the awards ceremonies is subject to change.

- 9:15 - 10K Awards
- 10:30 - 5K Awards & Special Recognition

Race Day Tips

- Wear comfortable footwear, regardless if you are running or walking.
- Keep valuables in your car, or leave them with a friend or partner attending the event.
- Wear sunscreen even if it's overcast.
- You may want to wear a colorful hat or shirt to help your friends, family identify you easily.
- Choose lightweight, loose-fitting clothing.
- Water will be provided at each aid station, but if you have a special hydration need, you may want to bring a water bottle.
- Bring a buddy to walk or run the course and enjoy the activities with.

Race Day Schedule

Throughout the morning, enjoy breakfast at The Refinery, LIVE music and cooking demonstrations with talented local chefs, including Jenny Ross, owner of 118 Degrees, author Tana Amen and Marie Goodrow from Henry's!

- 7:30 10K Start
- 9:00 5K Start
- 9:30 10K Awards Ceremony
- 10:00 Kids Run Start
- 10:30 5K Award & Special Recognition Ceremony