

# 41st Annual FROSTBITE ROAD RACE & WINTER WALK- Presented by Community First Bank

## RULES, SAFETY, and GENERAL INFORMATION

Welcome and thank you for supporting the YMCA!

### General Facility Information

1. **PARKING:** There are two main parking areas available: The main YMCA lot, and the new UWSP Lot Y, which is located directly across Division St from the YMCA. Parking attendants will be available to assist you in finding a parking spot.
2. **SHOWERS & RESTROOMS:** All participants are free to use YMCA locker rooms. We have two women's locker rooms, two men's, and one family locker room. The closest restrooms to the All Purpose Room are right across the hall. Please secure your valuables in a locker (bring your own lock) or in your vehicle. The YMCA is not responsible for lost or stolen articles. Please inquire at the front desk for more information about these facilities.
3. **CHILDCARE:** Free drop in child care is available from 8:30am-1:00pm. There is a three hour limit, and two emergency contact numbers must be provided.

### Race Information

1. **START/FINISH:** The Start/Finish line will be located on Franklin St, after the first Y driveway. **Please line up in this order: Fastest to slowest, with non-competitive walkers in back.**
2. **WATER STOPS:** There are two water stops: near the 5 and 10 mile turnarounds.
3. **HEADPHONES:** May be worn at your own risk. We recommend using one earpiece at low volume to ensure you can hear instructions and traffic.
4. **INJURY/ILLNESS:** If there are any health concerns, please let a volunteer know right away. First Responders will be available throughout the course.
5. **GENERAL COURSE SAFETY:** There will be designated vehicles to lead the way and follow behind the last participant to ensure everyone finishes safely. Run/walk single file whenever possible. Run with traffic to avoid having to cross the streets several times during race. Your safety is more important than a fast time, so be cautious. Runners spaced more than 2 abreast on roadways are subject to disqualification. Walkers, please use sidewalks whenever possible. **DO NOT** run down the middle of any roadways. Please listen to volunteer instructions on the course, as they are there for your safety.
6. **Pets:** Dogs are allowed, but you are responsible for ensuring they are not a danger to other participants. They must be on a short leash (5 ft. or less, shorter if necessary), and you must clean up after them.

## Results & Awards

### 1. TO BE INCLUDED IN RACE RESULTS:

- Please take the time to check details on your race bib. If there is a mistake, please go to a registration table now to take care of it. This is your last chance to make any changes; once the race begins it is too late.
- Wear bib numbers on the FRONT of your body pinned at CHEST.
- Do not bend or put excessive pressure on chips located on the back of your bib number at any time.
- Do not cover your bib with clothing at any time during the race.
- Only racers with bib chips should go through the finish line chute. **Please, 5 mile walkers, do NOT go through the finish chute.**
- Questions or concerns regarding your bib chip should be addressed to our timer, Jacob Franklin, at the finish line prior to the event.

2. RESULTS will be posted in the All Purpose Room as they become available. Final race results will be posted at [www.franklinfinish.com](http://www.franklinfinish.com) by Saturday evening.

3. AWARDS will be presented in the All Purpose Room as soon as the top 3 in each division have completed the race, beginning with the 5 mile race. You must be present to receive an award.

4. REFRESHMENTS will be available for participants and volunteers in the All Purpose Room after the race.

**Thank you for supporting the Y! Have fun and be safe!**