

# Superhero Run/Walk -- Information Packet

Thank you for joining us at the Superhero Run/Walk on September 16, 2023 at the Greeley FunPlex, 1501 65th Ave, Greeley, CO. This packet provides race day information for the in person event. If you haven't registered yet, there is still time to do so on-line or at our office (**1640 25<sup>th</sup> Ave., Greeley**) through Friday, Sept. 15 at 4:00 pm or at the event.

## Timeline for Race Day

7:15—8:15 am registration & check-in (10K/1M)

7:15—8:30 am registration & check-in (5K)

**8:30 am—10K race begins**

**8:35 am—1M race begins**

**8:45 am—5K Race begins**

9:00 am—Family Carnival Opens

**9:45 am—Free Kids Fun Run begins**

10:15 am—Awards ceremony

10:30 am—Official timing ends

11:00 am—Family Carnival Closes

Connect with us on social media  
(search for Life Stories)



**#SuperheroWeld**

## Packet Pick-up

Packets may be picked up early on Thursday (9/14) between 9:00 am and 6:00 pm and Friday (9/15) between 8 am and 4:00 pm at **1640 25<sup>th</sup> Ave., Greeley**. They may also be picked up on race day at the event between 7:15 and 8:30 am. Runners not yet registered may do so in person during any of these times or on-line until Friday the 16th at 4:00 p.m.

## T-Shirts

T-shirts will be available at packet pick-up for anyone who registered before August 30th. We ordered some additional t-shirts which will be given out to runners in the order they registered, as supplies last. Note: We will not be doing a second round of ordering after the run as in past years.

## Swag Bags

We packed 350 Swag Bags this year but we have more than registered. They will be given out on a first come first served basis at packet pick up. If you have registered a number of people in your family, please consider taking fewer bags.

## For Your Safety

Water stations will be available at roughly 2.5K, 5K and 7.5K distances.

The following will not be allowed in the race: bikes, skateboards, roller blades, and unregistered runners. **Well behaved dogs are allowed if they are on a leash at all times.**

The 5K and 10K are both chipped timed. **Your individual time will start when you cross the starting line.** Slower runners, walkers and those with strollers, please start toward the back.

## Getting there and Parking

Parking will be available on the grounds of the Family FunPlex and surrounding areas. **Please leave the 2 rows closest to the FunPlex entrance for patrons of the FunPlex.**

## **Weather**

The event will go on rain or shine. If severe weather arises, we might have to cancel the event. A final decision will be made on the day of the race. A decision to cancel will be on our website & Facebook page by 7:00 am.

## **Kid's Fun Run Race Reminders**

***This race is for children 6 years and younger.***

- \* Even though this run is free, parents are required to register their children. This can be completed online or in person during packet pick up or at the event.
- \* All race participants must pin race numbers on the **front** of their shirt.
- \* Parents are allowed to run/walk with their younger children who have a race number.
- \* The Kids Run will involve a very short distance in the grass at the FunPlex.
- \* Please note this is not a timed race and no official results will be reported. Encourage your child/children to have fun! This is a very short race. If kids want to run/walk a longer race we encourage them to sign up for the mile.

***Kids should stick around for the awards ceremony as there will be a group picture and prize drawings for all children present.***

## **10K/5K Race Runner Reminders**

- \* All race participants must pin race numbers on the **front** of their shirt.
- \* This race will be chip timed by 5 Star Timing.
- \* Both races will have chip start which means that your individual time will not start until you cross the starting line. We encourage runners to take advantage of this and spread out.
- \* Walkers and those with baby strollers should position themselves near the rear of the starting line-up.
- \* There will be water stations at approximately 2.5K, 5K, and 7.5 K. There are no bathroom facilities on the route.
- \* Course marshals will be stationed throughout the race to cheer you on, help stop traffic if needed and give directions. View route—<https://www.lifestoriesweld.org/superhero-10k-and-5k-courses/>
- \* Timing will stop at 10:30 am.
- \* Enjoy post-race refreshments including coffee from Human Bean, donuts, fruit and more.

## **1M Race Runner Reminders**

- \* All race participants must pin race numbers on the **front** of their shirt.
- \* The 1 mile is manually timed by Altitude Running Greeley, so stay in finish order once crossing the finish line. Volunteers will be present in the finish chute to help runners remain in their finish order. Once they have recorded your runner number, you may exit the finish area.
- \* Each runner should cross the finish line only once. Only runners registered for the 1M should enter the chute.
- \* ***Note: The 1 mile race goes through the finish for the 5K and 10K—don't stop, keep running. The 1 mile finishes where it starts! View route: <https://www.lifestoriesweld.org/wp-content/uploads/Superhero-1-mile-course.jpg>***
- \* Course marshals will be stationed throughout the race to cheer you on, help stop traffic if needed and give directions.
- \* Enjoy post-race refreshments including coffee from Human Bean, donuts, fruit and more.

## **Results & Awards Ceremony**

Results for the races will be available at approximately 10:15 am. Complete official timed results for the 5K & 10K will be posted online by Sunday night at <http://www.lifestoriesweld.org/superhero-run>.

The awards ceremony will only recognize the overall 5K and 10K winners, largest team winners and costume contest winners. The medals for the top 3 finishers in each age group will be available at our prize booth. Our annual group picture of the kids will take place at the end of this ceremony ending with prize drawings for all children present.

## **Prizes**

Cash prizes will be awarded to the top 3 overall 10K and 5K (Male and Female) finishers and medals given to the top finishers in the 10K and 5K (Male and Female) in each age division: **14&under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**. There will be a prize for the top 1 Mile runners (male and female). Prizes will also be awarded to the largest school team, largest non-school team, and various costumes prizes for adults, children and dogs. Also many door prizes will be given away! Check the Door Prize booth when you finish to see what you might have won. See our website <http://www.lifestoriesweld.org/superhero-run> for a complete list of donors.

## **Course Directions**

Follow the pace bike.

Please follow race markings along the route.

There are course marshals stationed around the route. Please contact one of them if you need assistance.

View the race route ahead of time at:

10K & 5K— <https://www.lifestoriesweld.org/wp-content/uploads/Superhero-10K-and-5K-courses.png>

1 Mile— <https://www.lifestoriesweld.org/wp-content/uploads/Superhero-1-mile-course.jpg>

## **Family Carnival**

Please join us for festivities for the whole family after the race from 9:00 am to 11:00 am.

Carnival Games

Face Painting

Balloon Animals

Photo Booth

Music and More...



Connect with us on social media  
(search for Life Stories)



# #SuperheroWeld

***THANK YOU***

***TO OUR***

***2023***

***SUPERHERO***

***SPONSORS***



**Chevron**



All children need  
heroes but abused  
children need  
Superheroes!  
We are proud to be a  
Superhero Sponsor!







# REAMSNYDER MEDIA

BRAND STORYTELLING | HEADSHOTS | EVENTS | PORTRAITS

For a **FREE** consultation, **GET IN TOUCH!**

[photos@reamsnyderphotography.com](mailto:photos@reamsnyderphotography.com)

[www.reamsnyderphotography.com](http://www.reamsnyderphotography.com)

(303) 578-2623



## High Country

B E V E R A G E

*A Colorado Company*

## Where Northern Colorado Gets its Beer!

As an independent, family-owned company, High Country Beverage is Colorado's premiere distributor for some of America's most beloved beer, cutting-edge beverages, and heavily-decorated craft brews.

A sample from Our Portfolio:

- Coors Light
- Coors Banquet
- Miller Lite
- Modelo Especial
- Pabst
- Blue Moon
- New Belgium
- Oskar Blues
- Sierra Nevada
- Heineken
- Guinness
- Corona
- And many more!



*Proud Sponsor of  
Life Stories*

[www.highcountrybeverage.com](http://www.highcountrybeverage.com)



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

***A PROUD  
SUPERHERO FOR  
CHILDREN IN OUR  
COMMUNITY!***



COLORADO  
OIL & GAS  
ASSOCIATION



NORTH CENTRAL



Your Touchstone Energy® Cooperative







**Mountain  
Valley Bank**  
MEMBER FDIC



**JUNE'S TEAM**  
A POSITIVE CHANGE IN REAL ESTATE



**Mustard Seed Gang**



A Special Thank you to  
Todd Harding and Windsor Community Church



# ***SUPERHERO RUN PARKING***



We have overflow parking on 65th Ave. at University Middle School and on 16th St. at Frontier High School