## Frequently Asked Questions 2020

When should I arrive on race day?
Registration opens at 8:00am. It is highly recommended to arrive by 9:00am for best parking, to gather your bib/shirt and giveaways and get a nice warm-up in.

Where do I park?
Set your GPS to 70 Mechanic Street, Foxboro, MA 02035. Schneider Electric Foxboro has graciously given permission to use their lots. Once you've turned into the entrance, please follow directions from the volunteers. While there is plenty of parking, do get there early to avoid traffic backup.

Can I leave my bag in the cafeteria while I race?
Preferably not, but if you choose to do so, it is at your own risk.
Where and when does the 5 K start?
The 5K starts at 10:00am on Neponset St. © Bradford Ave. It's a right out the door of the cafeteria about . 15 m up. Plan to be at the start by 9:45am.

Where and when does the 10 M start?
The 10M starts at 10:45am on Foxhill Rd; turn right out the door of the cafeteria, turn right onto Pond. Pond turns into Foxbill. It's about .5m mile from Cafeteria. Plan to be at the start by 10:30am.

Where do the races finish?
Both races finish in the parking lot off of Neponset St, just past the cafeteria, to the right. Runners will be directed where to go and will see the finish line chute as they turn into the parking lot.

Are there start/finish mats? Yes.
How will the 13.1 BadAss Half Combo Work?
If you've registered prior to the start, simply start $\mathcal{E}$ finish the $5 K$ and then make your way to the start of the $10 M$. (Please be at the start line of the 10M on Foxhill Rd, . 62 m from finish line, by 10:40am.) The cumulative finishing times of both races will be your finishing time for the BadAss Combo.

## How will the Team Competition Work?

The top 3 TEAMS that run the longest cumulative distance from finishes in the $5 \mathrm{~K}, 10 \mathrm{M}$ or combined will win: 1 st Team - \$150, 2nd Team - \$100, 3rd Team - $\$ 50$ in cash or we will donate to your favorite local charity on your Team's behalf. Teams must pre-register BEFORE race day and field at least 5 finishers who are on the pre-registered team roster.

Where are the bathrooms located?
Porta-Johns are located to the left of the building when outside looking at the front of the cafeteria.
Are there Porta-Johns along the way?
Yes for the 10Miler. Approximately at the $5 m$ mark on the right side of North St.

## Is there a First Aid Station?

Cold packs, Band-Aids, bandages $\mathcal{E}$ disinfectant will be located at the podium inside the cafeteria, at each water stop and at the finish line.

## Will there be mile markers?

Yes. For every mile on both courses.

## Are there water stops?

Yes. The $5 K$ has 1 water stop at 1.5 m and the $10 M$ has 3 water stops at about the $3 \mathrm{~m}, 5 \mathrm{~m}$ and 7 m marks. Gatorade will also be available at the 5 m and 7 m water stops along the 10M course.

Will there be splits called out?
Yes. At 1, 3, 5, 7 and 9 miles for the 10M and 1 and 2 mile marks for the 5K.

## Where/when can I find my race results?

All race finishes will be texted to your cell phone as soon as you cross the finish line if you provided a cell number during online registration. Lists by race distance will also be displayed inside the cafeteria as soon as they are collated and shuttled over from the finish line.

## What time are race awards announced?

5K- after last runner crosses finish line at about 11:15am; 10M छ̇ BadAss Combo - after last runner crosses finish line at about 1:00pm

## What is the Course Record for 10M?

Men: 49:34, Women: 57:11 \$150 cash prize if 10M record is broken.

## Are there finisher's medals?

Yes. Medals will be given to finishers of all races after they cross the finish line.

## Are there Awards? <br> Yes. OVERALL M/F Finishers in ALL races. Top 3 M/F Age Group Finishers in the 5K छ 10M. 1st in Age Group for BadAss Combo.

Is there post race food available? Yes. Please for runners only: macaroni $\mathcal{E}$ cheese, Willow Tree Chicken Salad sandwiches, bagels, fruit, coffee and water. Must have bib to enter line. Seconds are available once all runners have received their meals.

## Is there a runner's raffle?

Yes. Winning bib numbers will be posted on poster boards, as well as announced in cafeteria. Check the RAFFLE $B O A R D$ as soon as you come to pick up your bib, as the first pass of winning bib numbers will be posted early. In order to claim/pick your raffle prize, you must show your bib number to volunteers at the Raffle Table.

What do I do if I need to drop out of the race?
Try to get to nearest water stop at $3 \mathrm{~m}, 5 \mathrm{~m}, 7 \mathrm{~m}$ or any split timers and let a volunteer know. If an emergency, have volunteer call 911. If a non-emergency, have volunteer call Sandy at 508-904-7217 for assistance.

