



# 2017 Trick or Trot 5K and Fun Walk

## Frequently Asked Questions

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### **What are the registration options and what do I get for my entry fee?**

- **5K Runner:** This registration is \$30 and is for those people age 19 and older who plan to run the 5K. A runner's packet, bib number, timing of race, and a commemorative event t-shirt is included with this registration type. Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female runners, as well as ribbons for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> within age brackets.
- **Junior 5K Runner:** This registration is \$15 and is for those people age 18 and under who plan to run the 5K. A runner's packet, bib number, timing of race, and a commemorative event t-shirt is included with this registration type. Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female runners, as well as ribbons for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> within age brackets.
- **Walker:** This registration is \$10 and is for all ages (no strollers) who plan to walk the 1-mile Fun Walk. A commemorative event t-shirt is included with this registration.

### **What time does the race begin?**

Registration is from 9:00 a.m. to 10:00 a.m. The race begins at 10:30 a.m. The walk begins at 10:45 a.m.

### **When does the pre-race party begin? What is it?**

The pre-race party will begin at 9:00 a.m. It includes a DJ, refreshments, and fun family-friendly activities and games.

### **When is the costume contest?**

The costume contest will begin at 10:00 a.m.

### **What awards will be given that day?**

- Top **fundraisers** will be awarded special prizes the day of the walk
- Awards for Top **Male and Female Runners** (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for male and female runners)
- Ribbons for **1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place finishers** within age brackets – for male and female
- **Costume contest** winners will be recognized and awarded a special prize

### **When will the Monster Dash begin? What is the Monster Dash?**

The Monster Dash will begin at 10:10 a.m. The Monster Dash is a fun 100-foot race for children age 10 and under. It is free for all children, so we strongly encourage them to participate! The Monster Dash will be in the same location as the pre-race party.

### **How can I sign up for the event?**

To register for the Trick or Trot 5K and Fun Walk, go to [tinyurl.com/trickortrot2017](http://tinyurl.com/trickortrot2017).

### **When does online registration close?**

Online registration will close on Friday, October 27<sup>th</sup> at 4 pm. It will close sooner if we have reached our maximum number of runners and walkers.

### **Can I register on October 28<sup>th</sup>?**

There will be on-site registration on the 5K and Fun Walk day if we have not reached our

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maximum number of runners and walkers. On-site registration will begin at 9:00 a.m. and end at 10:00 a.m. Those who register on site will not receive a T-shirt. Our recommendation is to sign up in advance to ensure that you can participate.

### ***When is the latest I can register and still receive a T-shirt?***

You must be registered by October 12<sup>th</sup> in order to guarantee you will receive a T-shirt.

### ***What is the fundraising minimum?***

There is no fundraising minimum, however, every bit helps!

### ***How do participants raise awareness for fundraising?***

We encourage the participants to share their personal fundraising page via social media and email in order to raise awareness for fundraising.

### ***What are the age limits for the races?***

There are no age limits. We encourage participants of all ages to join us. However, no strollers are allowed on the course. If you are 18 years old or younger and would like to run in the 5K, please register as a Junior 5K Runner.

### ***Will I receive a refund if I cannot attend?***

Since the purpose of this race is to raise money for VHF's Programs and Services, we are not able to offer refunds or transfers – NO exceptions.

### ***Can someone else run with my number?***

If race organizers become aware that a runner has participated in this events with a bib that is not registered to that runner, both the runner and the person for whom the bib is registered may be prohibited from participating in local events.

### ***Are baby joggers or strollers allowed during the 5K and Fun Walk?***

No, baby joggers and strollers are not allowed during the race as the race trail and walk trail are not paved.

### ***Are pets allowed during the 5K and Fun Walk?***

No, pets are not allowed. This is to ensure runner safety and comply with liability insurance policies.

### ***Are headphones (iPods, mp3 players, etc.) allowed during the 5K and Fun Walk?***

Headphones are allowed.

### ***When and how can I pick up my race packet and t-shirt?***

Race packets and T-shirts will be available on Saturday morning at 9:00 a.m. at the registration table.

### ***Do you take credit cards for donations and registration on Saturday?***

We accept cash, check, and credit cards for on-site donations and registration.

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### ***Will the 5K and Fun Walk be cancelled if it rains?***

The 5K and Fun Walk is a rain or shine event. The start may be cancelled or delayed if there are lightning or high winds.

### ***Will there be water stops?***

Yes, there will be water stops.

### ***Where can we park for the 5K and Fun Walk?***

There is a parking lot in the park. If the parking lot is full, volunteers will direct traffic to additional parking.

### ***Is there a dry bag check?***

No, there is no dry bag check. Everyone will be responsible for their belongings.

### ***Will there be an awards ceremony?***

There will be an awards ceremony for the 5K runners at approximately 11:30 a.m. Awards for fundraisers will also be given out at approximately 11:30 a.m. The costume contest awards will be given out immediately following the contest.

### ***What is VHF?***

Virginia Hemophilia Foundation, or VHF, is a nonprofit organization dedicated to serving those impacted by a bleeding disorder in the state of Virginia.

### ***How can I find out more information?***

If you would like to learn more about VHF, please visit our website at [www.vahemophilia.org](http://www.vahemophilia.org)

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