



Race Reminders

With only days until the big race there are a few reminders for the 6th annual Time To Sperr event!

WHERE TO PICK UP YOUR RACE BAG AND BIB:

Packet pick up will be **Friday August 22nd from 5:00-8:00pm** at the park pavilion located on Kahler Road. Please do NOT come early as we may not have the race bibs even though we are there setting up. You can also pick up your bag and bib race day (Saturday August 23rd) at registration which will be at the garage located just past the monument on Lowe Road starting at 7:00am. We will also be taking new registrations at the above times, so if you know someone who wants to sign up bring them along! **Saturday morning registration will close at 8:15am sharp.**

PARKING:

Parking will again be just off Lowe Road past the monument. There will be signs and people to direct you on where to go and park. Please car pool when possible. Not only is it a great way to know fellow participants but it's environmentally friendly too! Please arrive early as we will be **closing Lowe Road to traffic at 8:30am**, as that is the start line for the races.

DIRECTIONS:

The park is located just off I-86 Exit 50. Coming from the East turn left at end of ramp, from the West turn right at end of the ramp. Directions and maps are also located on park website.

WHEN TO ARRIVE ON RACE DAY:

ALL distances will have a 9:00am shotgun start. We encourage that you arrive one hour before start time on race day. That way if you haven't received your race bag and bib you can pick those up. Again... we will be closing down Lowe Road to traffic at 8:30am...no exceptions.

RACE DAY REMINDERS:

- Don't forget to print and bring your raffle ticket from Dr. Brown's website to be entered in our raffle of gift cards for \$75. www.drmelissabrown.com.
- Strollers are welcome, just please be considerate of participants around you.
- If you decide to bring man's best friend (your dog) please be aware that the NYS Police K-9s will be there and some are **NOT** dog friendly. **ALL** dogs **must** be on a leash.
- Please **stay to the right** if you are walking or a slower runner, especially on the trail at the end of the course.
- Kids fun run around the park will be after all participants have finished. All fun run participants will receive a ribbon for completing. No registration required for the fun run.
- There will be **FREE** face painting, music and the NYS Police K-9s will again be doing demonstrations before the awards ceremony.
- Additional race gear will be on sale Friday night and Saturday.

THANK YOU AND GOOD LUCK!

Time To Sperr Committee

www.sperrmemorialpark.org

