



**Father's Day 5k 10k  
Athlete Race Day FAQ  
[www.FathersDay5k10k.com](http://www.FathersDay5k10k.com)**

**Location & Time:**

Promenade Park  
Corner of Shoreline Dr & Figueroa St. Ventura CA

**Saturday June 18<sup>th</sup> / 12 noon - 4:00 pm**

**1. Do you still need Volunteers?**

**YES**, we can always use dedicated volunteers to help out on Saturday at package pickup and on race day. Contact Bill Escobar at [bill@elitesportsvc.com](mailto:bill@elitesportsvc.com)

**2. What is Package pickup and what do I get?**

You will be picking up your race bib number, timing chip, and other goodies in your bag from some of our race sponsors. Please note that the timing chips must be returned post race. We will be collecting them at the finish line.

**3. Can I pickup my bib number and timing chip on race day?**

**Yes** but get there early because we will have hundreds of people trying to get into a small area.

**4. Can I register on race day?**

**NO –Saturday is your last chance to register for this race. Cash or Credit card ONLY**

**5. Will there be a course map available?**

Yes there are interactive maps on the event website and we will have a large map available for review at package pickup on Saturday.

**6. Does everyone get a medal?**

Yes all finishers will receive a medal



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**7. I don't know the course can I just follow someone?**

**NO....** It is the athlete's responsibility to know the entire race course BEFORE stepping onto the starting line. Checkout [www.FathersDay5k10k.com](http://www.FathersDay5k10k.com) for all the info. There are interactive maps on the website.

**8. How will I know when to turn around if I am doing the 5k or 10k? – see below**



OR

Turn at the sign that works for your race- we will have a **16 foot flag** next to them and you should be able to spot them from a distance, the sign itself is 8 feet tall.

**9. Any special instructions?**

Yes! : Stay in the bike path or as far to your right as possible; keep an eye out for your turn around point.

**10. Can I bring my pet with me for this race?** No Pets Allowed

**11. Will there be aid stations along the course?**

Yes: approx 1.6 miles apart along the course. We will have water and Gatorade.

**12. Do you have Port –a-Potties on the course?**

Yes at each aid station and at the start/finish area

**13. Will there be mile markers on the course?**

Yes: we will have mile markers at every mile and will have white mile marks on the path as well.



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**14. Will it be hot on race day?**

Who knows these days, bring plenty of sun screen and dry warm clothes for the post race gathering and swag grab at the expo.

**15. Will there be a Gear Check Station?**

Yes, we will have a monitor at this canopy at all times but DO NOT leave any valuables in your bags. We will not be responsible for any lost or misplaced valuables on race day. We will have numbered wrist bands that coordinate with your bag at gear check.

**16. Awards will be announced at approx 9:00.**

Top 3 overall M/F in each race - Special Award

Top 3 each age group M/F - ALL RACE DISTANCES – age groups below:

0-12	13-15	16-18	19-29	30-39	40-49	50-59	60-69	70-79	80+
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**17. Parking is limited so please get to the race early.**

The best place to part is at the Crown Plaza parking structure at 450 E Harbor blvd. Ventura CA 93001. \$2 per hour and \$8 all day. There is limited free street parking nearby.

**Hint:** buy a snack, breakfast, or lunch at the hotel or boardwalk eatery and most of them will validate parking stubs.

**18. Will you have food available to buy at the expo?**

We will have free bananas, oranges, bagels at post race for all athletes

**19. Will there be things for kids to do at the race?**

There is a playground near the start / finish line on the beach or we can have them help out at one of the aid stations (kidding).

**Tell some friends, bring your family, co-workers and have some fun!**

For more info please visit the event website at [www.FathersDay5k10k.com](http://www.FathersDay5k10k.com)