

Hello Hug an Athlete 5k Runners!

We look forward to seeing everyone out on the course this Sunday for the 10th Annual Hug an Athlete 5k Run/Walk/Roll and are so excited to be running the event in person.



It's race week, are you ready?! The weather forecast continues to change, but we are very hopeful for a great day! As of now, Sunday's forecast is a high of 37 (W winds at 11 mph) and a 12% chance of precipitation. Please dress appropriately for the weather conditions; we will be holding the race regardless of rain, snow, or cold.

Please monitor the Hug an Athlete 5k website, Belvidere Park District (BPD) website, and BPD-Special Recreation and Hug an Athlete 5k Facebook pages for updates on the race. In the event that the race would be cancelled – it will be announced in these places first, but only due to severe weather conditions. A decision will be made by 6am on Sunday and posted on all of the above sites and an email will also be sent to all runners.

Packet Pick Up on Friday:

Date(s): Friday, February 24th

Time(s): 4:00 – 7:00pm

Location: Belvidere Park District Special Rec. Facility, 6581 Revlon Dr, Belvidere, IL 61008

Packet Pick Up on Sunday (Race Day):

Race Day: Sunday, February 26th

Time: 11:00am – 12:30pm

Location: AJ Johnson Pavilion (Doty Park): 365 W. Locust St, Belvidere, IL
Enter Doty Park off of Locust St.

Packet Pick Up & Race Day registration will be available for \$35/runner; if you know anyone who would still like to register! Race Day registration will occur via personal smart phone.

Race Day Parking:

There is VERY limited parking in the lot closest to the start/finish line area (ice rink/pavilion). Park only in designated parking stalls within the lot at Doty Park. It is your responsibility to obey all traffic and parking laws.

- Salvation Army: 112 S. State St, Belvidere - across from the Dari Ripple & fire station.
- Sips n' Sprinkles: Small lot to the east of Sips n' Sprinkles and across the street from the YMCA. There are stairs/walkway down to Doty Park and the AJ Johnson pavilion on the northwest side of Sips n' Sprinkles. This lot is owned and operated by the Belvidere Park District.
- Burgess St. Boat Ramp and Parking Lot: located on the north side of the river, next to the boat ramp, and across the Kish river bridge from the 5k start/finish line.

See the image at the end of this document for a parking map further reference.

Please arrive in enough time to find a parking spot and to receive packet and bib/timing chip, if you do not utilize packet pick up on Friday.

Timing Chips:

Your timing chips are attached directly to your bib. Please use caution when attaching your bib to your clothing as not to perforate the chip with safety pins. DO NOT bend the chips. This may cause inaccurate timing results.

Re-fueling Station:

Water will be provided at about the 1.5 mile marker, which has been generously donated by Mr. Goodwater in Belvidere. Stay after the race for some hot chocolate & coffee (donated by Sips n' Sprinkles), water (donated by Pepsi of Rockford), cookies, bananas and oranges (Fiesta Market), and more provided by our generous race sponsors!

Results:

You can check results by going to <https://runsignup.com/Race/Results/72231/IndividualResult>. Add the following #your bib number to the end of the link, which will take you directly to your personal results. For example: <https://runsignup.com/Race/Results/72231/IndividualResult#123>. The results link will also be available on our website at www.huganathlete5k.org by 5pm the day of the race.

Awards:

As in past years and in the spirit of our race - we will wait for the last runner to cross the finish line to hand out awards and door prizes.

- Overall male & female race finishers will receive a plaque (donated by Twin Towers/Barry T's) and \$50 gift card from Fleet Feet.
- Male & female top 3 finishers for each age group (after overall male & female): (5-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & older) will receive medals.
- Special race awards (oldest, youngest, turtle, most spirit) will receive certificate & prize.

Don't forget that we have a few awards & entry prizes, which are not related to age divisions above. Stay a bit as you enjoy post-race goodies to see if you are a lucky winner!

Since this is a fundraiser, awards will not be mailed if you do not stay to receive your medal. We will notify you via email if you have received an award and they will be available for pick up at the Belvidere Park District Special Recreation Facility (6581 Revlon Dr, Belvidere) on Wednesday, March 1st at 9:00am.

Athlete Huggers:

There will be several athlete "huggers" at the finish line. Hugs are back this year!! If hugs are not your thing, please feel free to give a high five or fist bump as you cross the finish! Athletes look forward to this event each year and are very excited to be able to cheer you on through your finish.

Wall of Athletes:

Don't forget to check out our Wall of Athletes (located inside the AJ Johnson Pavilion)! Our athletes are very proud to share their accomplishments with all of you who support their athletic endeavors.

Riverside Ice Arena:

Hang around after the race and enjoy the Riverside Ice Rink. Everyone will receive a free pass in their swag bags. Skate rentals are \$5. Admission for non-runners is \$5 for 18 & Older, \$3 for 4-17 year olds, and free for anyone 3 & under. The rink is open on February 26th for public skate from 12pm-7pm. If you are unable to skate after the race, the coupon is good through March 5th. After that, the rink will be closed for the season.

In the meantime, if you have any additional questions or concerns, please feel free to contact me at your convenience. Good luck on race day and we look forward to seeing you!

Katie Humphrey, CPRP, ADAC
Special Recreation Manager
Inclusion Coordinator
NASR-Belvidere Park District
Ph: 815-547-5711 x600
Fax: 815-544-4648

****IF YOU NEED ASSISTANCE DURING THE RACE CONTACT: 815-298-0452****

