



Race Day Information

Arrive early on race morning! Carpooling is strongly encouraged. Parking will be available at lots near Regions Field, however there is a short walk to the start line.

Race Location

Regions Field
1401 1st Avenue South
Birmingham, AL 35233

Race Day Schedule of Events *Times are approximate*

6:00am – Bib # Pickup & Race Day Registration

7:15am – 5K Registration Closes

8:00am – 5K Run / Walk Starts* *Start line will be on the north side of the stadium (1st Avenue South)*

8:30am – 1 Mile Fun Run Registration Closes

9:00am – 1 Mile Fun Run / Walk Starts* *Start line will be on the north side of the stadium (1st Avenue South)*

9:30am – Award Ceremony *Award Ceremony will be near home plate*

***Arrive early to allow time for parking!**

5K Etiquette Tips

In order to create a safe & friendly race environment, please be mindful of the following 'Road Rules':

- Arrive early - allow plenty of time to get to the start area & find your corral (see right)
- Don't over or under estimate your pace - this can cause lots of unnecessary maneuvering at the start
- Pay attention to instructions from race officials, police & volunteers
- Don't create a barricade to participants behind you by running or walking too many abreast
- Walkers stay to the right when possible, unless passing
- Pass on the left when possible & give a verbal warning, a friendly "Passing on the left" is sufficient
- Listen to your surroundings, don't drown them out with headphones
- Don't cut off other runners/walkers at water stops, be aware of people behind you & keep moving
- When tossing your water stop cup, try to get it off to the side so volunteers can easily sweep it up & it is not in the way of other participants
- Keep moving through the finish line. Others will be coming in right behind you, keep going until it is safe to come to a stop (there will be multiple water stations past the finish line)

What time should I arrive?

Arrive early, carpool if possible. There is a short walk to the start line. Parking is available on the street and at lots near Regions Field. Look for "Rumpshaker Parking" signs which designate approved parking at area businesses *See Parking Map.*

Race Highlights

- * Cotton t-shirts for all registered participants
- * Custom Finisher medals for the first 3,000 finishers
- * Gift for all colorectal cancer survivors
- * Individual and team awards
- * Inflatable colon display
- * Finish line on the baseball field

Start Line Corrals

In an effort to make everyone's race day experience smoother and safer, Rumpshaker will have a tiered start line corral system for the 5K.

We ask runners to gauge their race pace and utilize one of the specially designated areas at the start line. This will allow them to get on their way faster, and will allow walkers and participants with children or other family members to feel safer as well.

Everyone who has paid the extra \$3.50 to be timed will receive a timing chip. The corral arrangements will not affect the timing of the race. Your personal time will not start until you cross the starting mat.

The following corrals will be available based on finish time:

- RUN 24 minutes or less
- RUN 25-29 minutes
- RUN 30 minutes or greater
- WALKERS

Look for signs with the above finish times to ensure you are in the appropriate corral.

NOTE: If you are participating with a stroller and/or children, we ask that you keep your children with you at all times, and that you start from the back of the "RUN 30 minute or greater" or "WALKERS" corrals. This will allow your family members, and our other participants, a safer race experience.

What are the post-race refreshments?

Complimentary post-race refreshments include: bottled water, bagels, and bananas plus food samples from several vendors.

NOTE: These will be available after the 5K starts. *See Site Map*

What if it rains on race day?

The 5K & 1 Mile Fun Run will continue rain or shine, warm or cold.

We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather, your entry fee will be used as a donation to Rumpshaker, Inc.

Race Day Photography

Best Photo Op: Inside the inflatable colon! Volunteer photographers will be scattered around snapping photos at Regions Field and on the course, however, we encourage you to bring your own camera and take photos. We'll upload our photos to a shared website for download after the race.

Timing & Awards

Individual Awards

*Top 3 Overall Awards based on Gun Time

*5 Year Male/Female Age Group Awards based on Chip Time
(Age brackets from 0-9 thru 75+)

NOTE: Chip timing is optional for an additional \$3.50

Results for Chip Timed Participants: Participants who pay the extra \$3.50 to be chip timed can find their race results at the checkerboard tent in the post race area. You can also receive a free finisher label with your personal race stats at the tent thanks to Best Times. *See Site Map for location*

Team Awards: Top 3 awards in the following 5 team categories: Most Participants, Most Overall Funds Raised, Most Funds Raised per Team Member, Fastest Team and Team Spirit

Team Awards ceremony to start at approximately 9:30 am. *See Site Map for location*

Bib Number Transfer & Cancellation Policy

There are NO refunds of registration. We will allow registration transfers at Packet Pick-up (March 19-23 at Fleet Feet Sports). In the event that we have to cancel due to extreme circumstances, there will be no refunds; rather, your entry fee will be used as a donation to Rumpshaker, Inc.

Entry Fee is non-refundable.

Can I wear headphones?

The use of personal music devices is strongly discouraged at the Rumpshaker 5K & 1 Mile Fun Run.

Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants, and respect the race personnel to ensure a safe and enjoyable race for everyone.

Can I dress up?

Absolutely, please do!! Many participants in the Rumpshaker 5K & 1 Mile All Terrain Fun Run dress in fun costumes or matching team t-shirts.

Get CREATIVE and show off your support of raising awareness about colorectal cancer.

We will have photographers available to take photos but don't forget your camera!

Rumpshaker Merchandise

We will have limited quantity Rumpshaker merchandise for sale at our merchandise booth in the post-race area. *See Site Map for location*

Recognition Wall

We welcome and encourage you to bring a photo of the person you are running to honor or remember. We will have cards, tape, and markers for you to show your love and support for those battling colorectal cancer, and to remember those lost to the disease. *See Site Map for location* **NOTE:** *The Recognition Wall will be near the 1st Avenue entrance to the stadium.*

What do survivors receive?

All colorectal cancer survivors who select 'yes' to "I wish to be recognized as a colon cancer survivor" during registration will receive a special blue race bib number and a survivor gift at the race. See the volunteers at the Survivor VIP Area to receive your gift after the race.

Survivors are encouraged to stop by our Survivor VIP area before and after the race. We'll have special snacks and goodies for all survivors. This will be a great opportunity to mingle with others who have battled the disease. We hope that all survivors, their family, and friends will be touched by the support offered by other survivors and our community.

Finisher Medals

Custom finisher medals will be given to the first 3,000 to cross the finish line. Volunteers will be ready to provide your medal before you exit the field.

What is included with my entry fee?

The entry fee includes a race bib (to be worn on race day – this is your entry into the race), t-shirt, post-race refreshments, and post-race activities.

Can I use a stroller?

Yes, however please be aware that the Road Runners Club of America (RRCA), our event insurance company, requires us to ask all participants using strollers, baby joggers or similar devices to start in the back of the runners and walkers. We ask that you keep your child in the stroller at all times during the race, and that you start from the back of the "RUN 30 minute or greater" or "WALK ONLY" corrals.

Can my children participate?

Yes, they sure can! We encourage all ages to participate. If you are participating with a stroller and/or children we ask that you keep your children with you at all times, and that you start from the back of the "RUN 30 minute or greater" or "WALKERS" corrals.

Note: We ask that all persons (including children) who participate in the 5K or Fun Run be a registered participant. A registered participant has paid the registration fee and a waiver has been signed on their behalf. The only exception would be a baby that remains in a stroller for the duration of the 5K or Fun Run.

First Aid

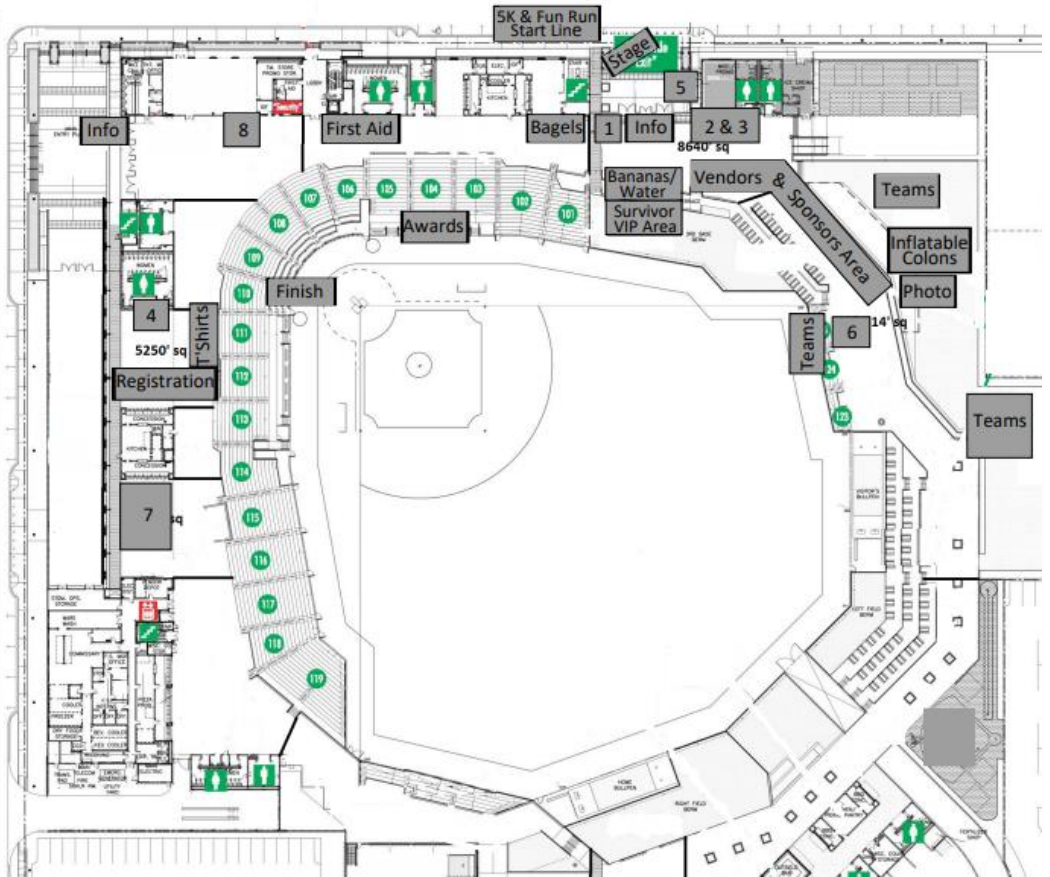
First Aid will be located on the concourse directly above home place with the stadium at Regions Field. *See Site Map for location.* Additionally, we will have EMTs on the 5K course.

Lost & Found

Lost & Found will be located at the Team Info table. *See Site Map for location.*

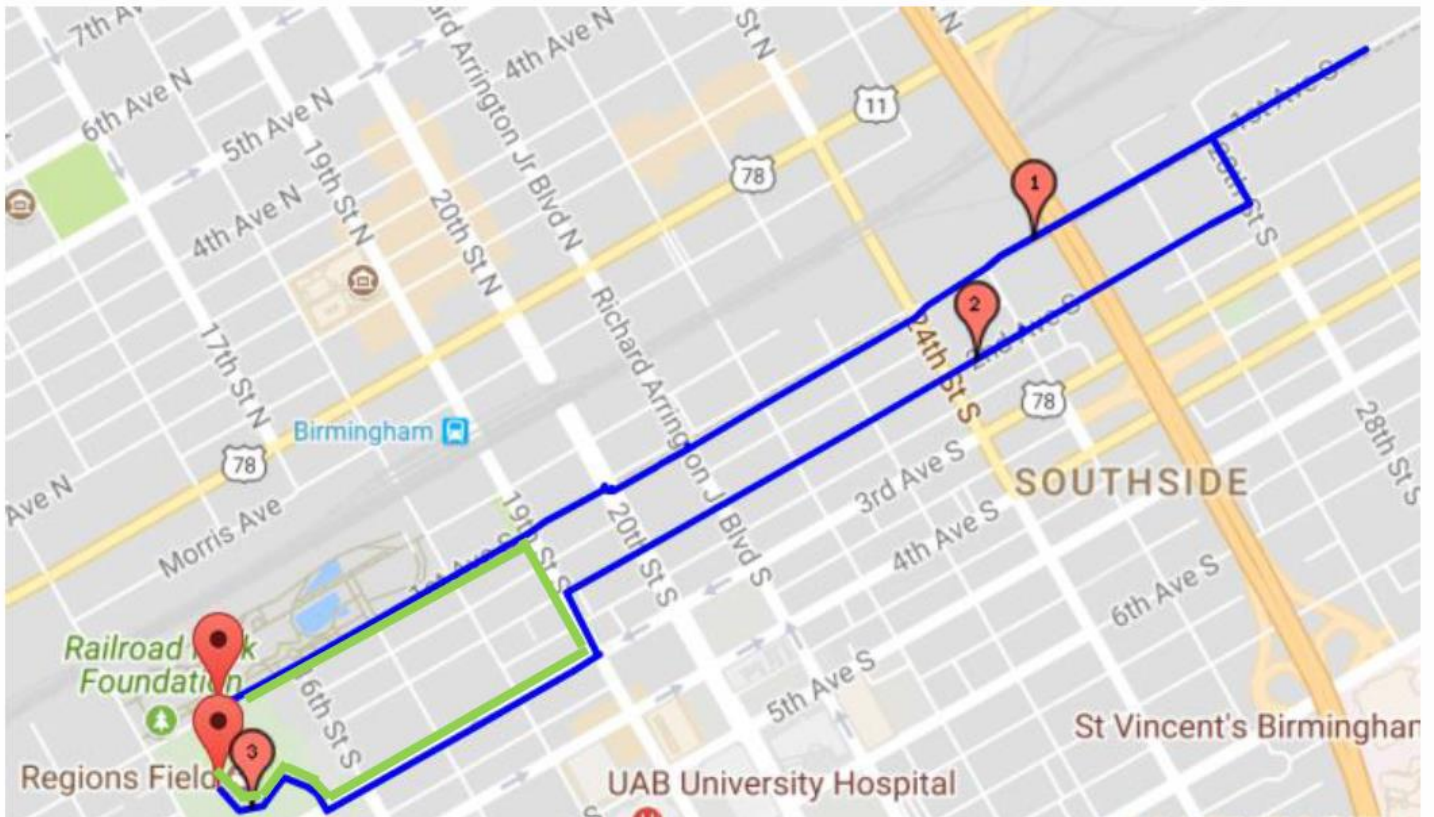
Site Map

1. Recognition Wall
 2. McDonald's trailer
 3. Coke Trailer
 4. Volunteer Check-In/Breakfast
 5. Best Times results tent
 6. Teams/Donations/Lost & Found (under scoreboard)
- ***RAIN PLAN CHANGES***
7. Teams/Survivors Rain Plan Areas
 8. Best Times Results Tent Rain Plan



5K and 1 Mile Fun Run Map

- Rumpshaker 5K _____ blue line _____
- Rumpshaker Fun Run _____ green line _____



Parking Map

NOTE: Please arrive early on race morning! Carpooling is strongly encouraged. Parking will be available on the street and at lots near Regions Field, however there is a short walk to the start line. Please look for "Rumpshaker Parking" signs which designate approved parking at area businesses. If you do not see one of our signs please obey any signs stating "no public parking". It is our understanding that these lots enforce their "no parking" rules. See *parking map below*.



- 1. UAB Remote Lot 3** (enter from 12th Street South, 4th Avenue South or 13th Street South)
- 2. Alabama Colon and Rectal Institute** (enter from 4th Avenue South)
- 3. Empty lot across from Alabama Colon and Rectal Institute** (enter from 4th Avenue South)
- 4. J J Morley** (enter from 14th Street South or 3rd Avenue South)
- 5. Vacant Lot** (enter from 13th Street South or 3rd Avenue South)
- 6. Local Business** (local business 15th Street South and 4th Avenue South)