

# RECOVERY FITNESS

SOBER LIVING THROUGH FITNESS



TH

ANNUAL

# 5k

FUN RUN/WALK  
& X-CHALLENGE

Presented by

**Helio Health**<sup>®</sup>  
*Where hope meets healing*

## Participant Guide

SEPTEMBER 18, 2022 — 9 AM-1 PM  
STEWART LODGE @ MENDON PONDS PARK

# Welcome & Thank You!

Welcome and thank you for being a part of ROcovery Fitness' 8th Annual 5k Fun Run/Walk and X-Challenge presented by Helio Health and Lewis Tree. It is a true celebration of fitness and recovery, and an important fundraiser for this life saving organization.

Whether you enjoy the asphalt pounding tempo of a good road race, the serenity and technical aspects of a trail run OR the novelty and challenge of an obstacle course, this race has a little bit of something for everyone—even if you just want to gather the crew together for a nice stroll through the park with hundreds of others to celebrate the hope we all find in recovery. Your participation and support is helping to raise awareness and provide hope in recovery to thousands living in our community and their families who are battling addiction.

We hope to answer any questions you may have prior to the event in this Participant Guide. If however, you still have questions after reading the guide in its entirety, please don't hesitate to send us an e-mail at [mail@rocoveryfitness.org](mailto:mail@rocoveryfitness.org) or call us at 585-484-0234.

Thank you!



# General Info

## PACKET PICK-UP DAYS & TIMES

Thursday, September 15 @ ROcovery Fitness (1035 Dewey Ave, Rochester 14613): 4 PM - 7 PM

Friday, September 16 @ ROcovery Fitness: 9 AM - 12 PM

Saturday, September 17 @ ROcovery Fitness: 9 AM - 12 PM

Sunday (Race Day), September 18 @ Mendon Ponds Park, Stewart Lodge: 7:30 AM

*\*We **STRONGLY** encourage all participants to pick up race packets prior to the event, as waiting for race day pick-up can cause long lines and lengthy delays. Teams/group can also designate a single member to pick-up packets for all team/group members.*

*\*\*Virtual Participants packets will be sent out via USPS mail the week of 9/12/22 unless otherwise specifically requested via email to: [mail@rocoveryfitness.org](mailto:mail@rocoveryfitness.org)*

## RACE DAY TIMELINE

### **Sunday (Race Day), September 18 @ Mendon Ponds Park, Stewart Lodge**

**7:30 AM** - Race day registration and packet pick-up tables open

**8:00 AM** - Live music with Thurlow, Merchandise tables open, community resource area and pre-race speakers

**8:15 AM** - Pre-race Pilates begins (located in Stewart Lodge)

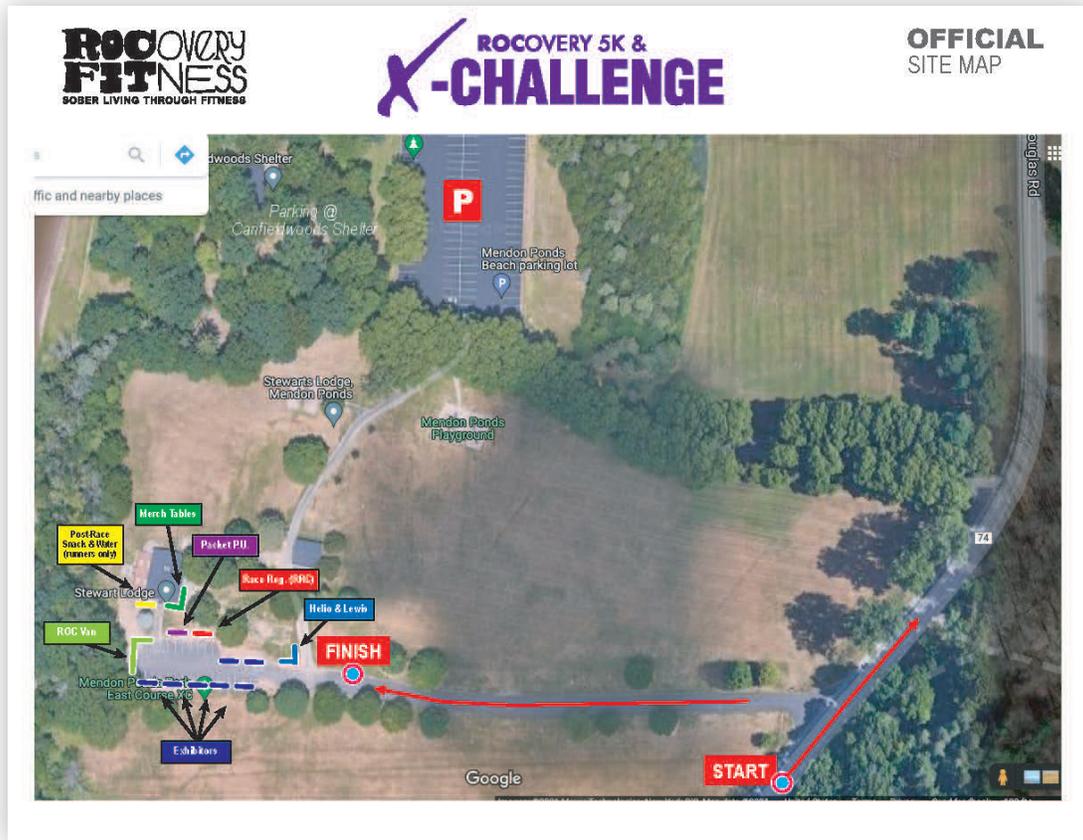
**8:50 AM** - Walk to Douglas Road Start line

**9:00 AM** - Race begins! Have fun and don't forget to SMILE BIG!!!

**10:00 AM** - Post-race yoga (in Stewart Lodge), more live music, community & connection!



## General Info (Continued)



#connection

### **EVENT PARKING**

The primary parking area for the event is located at the Canfield Woods Shelter parking lot (also known as the "Beach" parking lot). Once the lot becomes full, you may park along the sides of the roads leading into and out of the parking lot. There is **NO ROADSIDE PARKING** along Douglas Rd. There is also additional parking at Hopkins Point Road parking areas, and the ROCOVERY Fitness van will be making regular trips throughout the park to ensure anyone who needs to park at any satellite parking location can arrive to the designated starting area before the race. This special shuttle will cease operating at 8:30 AM, so be sure to get to the race with plenty of time to spare!



## General Info (Continued)

### **RACE DAY REGISTRATION & PACKET PICK-UP**

Our friends from Rochester Running Company will be handling any last minute race day registrations that may need to take place at the event itself. Located nearby will also be the race day packet pick-up station for any participants who are already registered, but were not able to make it to one of our pre-race packet pick-up events. Please follow the signage or ask a volunteer (bright yellow race shirts with "Crew" on the back) to point out the appropriate table/area for your specific need.

### **SPONSOR/EXHIBITOR AREA & TABLES**

There will be many community partners exhibiting in the parking area around Stewart Lodge on race day. Please feel free to visit the exhibition area prior to or after the race. If you are a sponsor or exhibitor that has indicated that you would like to table at our event, you may bring your table, chairs and any other materials you would like directly to Stewart Lodge and be fully set up prior to 8 AM on race day.

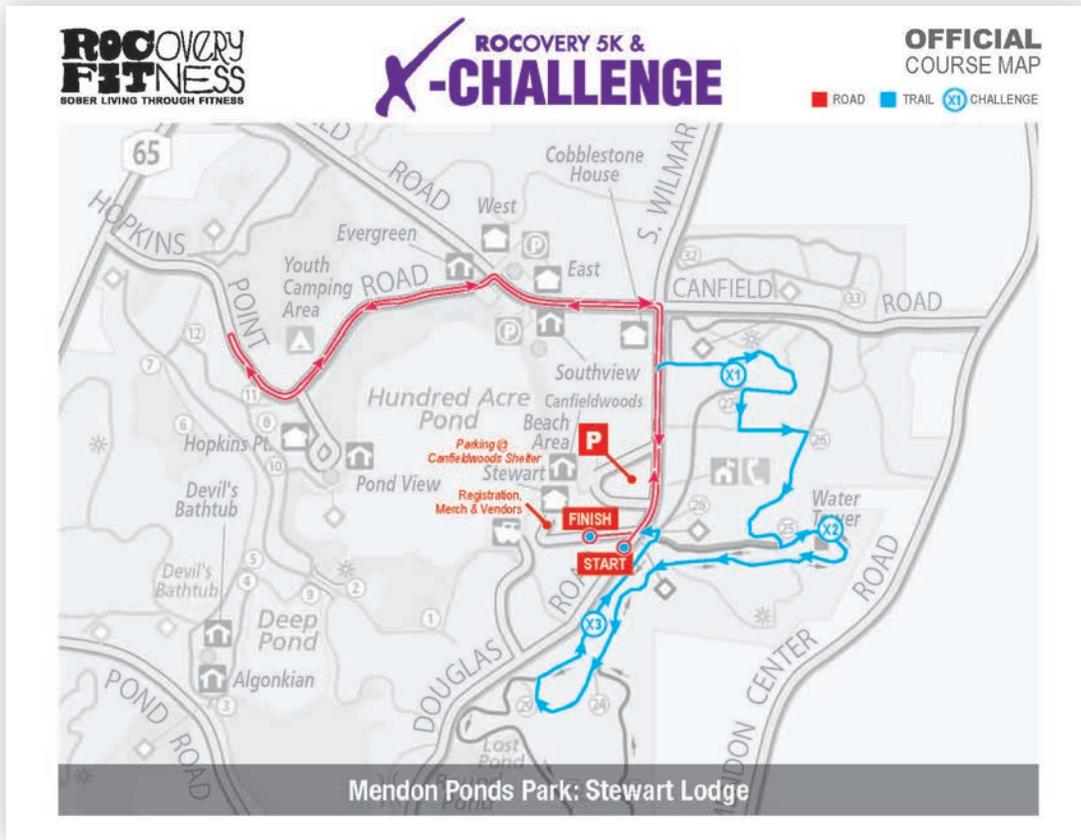
### **PILATES, YOGA & MORE!**

Get a good pre-race activation with pilates (with Hannah McMullen) and a post-race cool down and stretch those muscles out with some yoga (with Colette Backus). Yoga mats will be available for you to use, and both activities will take place inside of Stewart Lodge. In addition, Pinnacle Hill Chiropractic will be on site. Their team of providers work together to develop customized treatment plans for each patient, striving to offer the highest quality chiropractic care, massage therapy, and nutrition counseling. Stop by to learn more about their services and take advantage of complimentary stretching, cupping, and chair massage.

#community



General Info (Continued)



**THE RACE COURSE(S)**

**BOTH:** **Start line** located on Douglas Road.

**TRAIL COURSE (Includes X-Challenge):** After the first, approximately 1/3 mile running north on Douglas Rd, you will turn sharply **RIGHT** and head up the grassy path across the road from the Cobblestone House. You will follow the flags through the trail course. X-Challenge racers, be sure to stop at each of the 3 X-Challenge stations to perform the required number of repetitions of each exercise (will be announced prior to the race, if unsure ask judges at stations).

**ROAD COURSE:** After the first 1/2 mile running north on Douglas Rd, you will turn sharply **LEFT** and west on Canfield Rd, turning **LEFT** again at Hopkins Point Rd, which you will follow (staying to the right) until the turn around point (orange safety cones & water station).

**BOTH:** **Finish line** on Stewart Lodge access drive off of Douglas Road (Next to Stewart Lodge).

#strongertogether



A VERY SPECIAL THANK YOU TO

# Our Sponsors!



**We Are Truly #StrongerTogether**



**AND A VERY HEART-FELT THANKS TO**

# Our Volunteers!

Without whom, NONE of the past 8 years would've been possible.



Just SOME of our 2021 event volunteer crew!

Volunteer event photographer: Olivia Lopez

#hopealiveshere



# FAQs

**Q: Do I have to run?**

**A:** Only if you want to! Lots of people choose to walk the courses with family, friends and loved ones. We are happy to have you with us and honor you for doing what feels right for you.

**Q: Can I bring my dog?**

**A:** Mendon Ponds Park is a public use park where leashed dogs are allowed, we only ask that you keep your well-behaved dog on a leash and start at or toward the back of the pack to begin your race/walk. Some other event attendees may have past traumatic experiences with dogs, and we want to be sensitive to that. If your dog becomes aggressive or disruptive to the event in any way, we ask that you be respectful and remove them promptly.

**Q: What if I'm late? Can I do the race by myself? Can I get my packet after?**

**A:** Yes, there is a virtual option where you can run any route at any time. After the run, any race packets that were not picked up will be available for pick up during open gym time at ROCoverly Fitness, 1035 Dewey Ave, Rochester, NY 14613. Monday through Thursday 8am - 7pm. Friday - Saturday 8am - 1pm.

**Q: Will there be awards for top finishers?**

**A:** Instead of top finishers this year, we are doing a raffle of all registrants. We will pick three winners. If you are not at the event to pick up your winning basket, we will contact you after to arrange for pick up.

*Continued...*



## FAQs (Continued)

**Q: My shirt is the wrong size, what do I do?**

**A:** Regardless of the reason for this mix-up, you can arrange for a T-Shirt exchange by sending an email to [mail@rocoveryfitness.org](mailto:mail@rocoveryfitness.org) or on race day by visiting the merchandise area or packet pickup area to request an exchange.

**Q: How do I enter my virtual race results?**

**A:** Simply visit the Run Sign Up race page ([runsignup.com/Race/NY/Henrietta/ROcoveryFitness8thAnnual5kRunWalkXChallenge](https://runsignup.com/Race/NY/Henrietta/ROcoveryFitness8thAnnual5kRunWalkXChallenge)) and go to the "results" page (drop-down menu under "more") and at the top of the page, you will see a button/link to "submit virtual results". This link will remain active until October 1 @ 12 AM.

**Q: What if I can't complete the X-Challenge?**

**A:** Modify the movement to what works for you or maybe cheer other people on while they pushup/squat/burpee. The important thing is that you showed up and gave your best effort.

**Q: I'm a virtual participant, how do I get my swag?**

**A:** It will be mailed via USPS to the address you registered for the run with the week of 9/12/22. If you signed up after that date, your packet may arrive after later than 9/18/22.

**Q: When I registered, my T-shirt size was out of stock. How will I get my race shirt?**

**A:** Late registrants still get the cool swag, just later. Registration closes on 9/18/22, at which time we will take stock of what needs to be ordered and order those shirts ASAP. You will be contacted when they arrive at our outreach center.

*If you still have questions that have not been answered after reviewing this guide, please contact us either by email at [mail@rocoveryfitness.org](mailto:mail@rocoveryfitness.org) (preferred) or by phone at 585-484-0234 and we will respond at our earliest possible convenience. Thank you! We look forward to seeing your face on September 18th!*



#getbusy|iving