

ROAD • TRAIL • X-CHALLENGE



GET BUSY LIVING

NINTH ANNUAL
ROCOVERY
FITNESS

SOBER LIVING THROUGH FITNESS

5K RUN/WALK

& X-CHALLENGE



PRESENTED BY



Participant Guide

SEPTEMBER 17, 2023 – 7:30 AM (RACE AT 9)

STEWART LODGE @ MENDON PONDS PARK

Welcome & Thank You!

Welcome and thank you for being a part of ROCovery Fitness' 9th Annual 5k Fun Run/Walk and X-Challenge presented by Lewis Tree, Helio Health and Strong Recovery. 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 or call us at 585-484-0234.

Thank you!



General Info

PACKET PICK-UP DAYS & TIMES

Thursday, September 14 @ ROcovery Fitness (1035 Dewey Ave, Rochester 14613): 4 PM - 7 PM

Friday, September 15 @ ROcovery Fitness: 9 AM - 12 PM

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

Sunday (Race Day), September 17 @ 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 9/11/23 unless otherwise specifically requested via email to: mail@rocoveryfitness.org*

RACE DAY TIMELINE

Sunday (Race Day), September 17 @ Mendon Ponds Park, Stewart Lodge

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

8:00 AM - Live music with Freehand, Merchandise tables open, and exhibitor area

8:30 AM - Guest speaker, Monroe County Executive Adam Bello

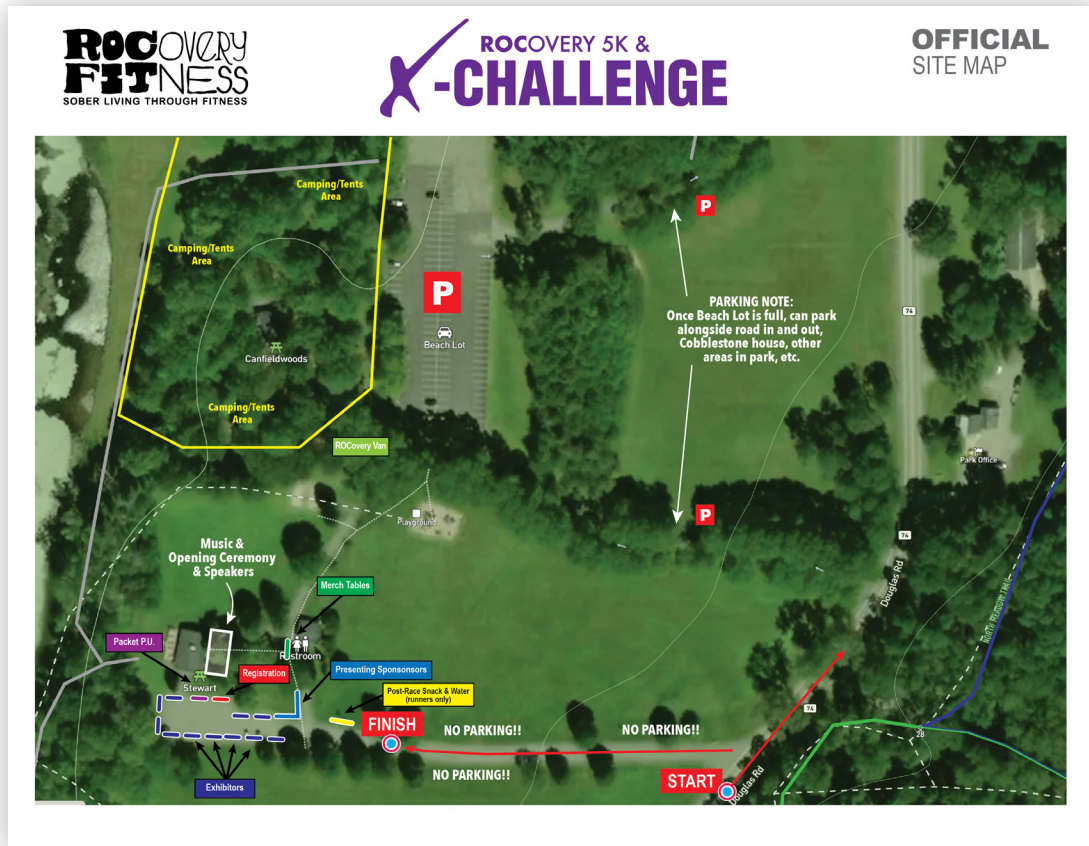
8:50 AM - Walk to Douglas Road Start line

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

10:00 AM - Post-race activities, 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.

EVENT EXHIBITORS

You will be allowed to drive down the access road to Stewart Lodge to drop off your exhibiting materials. We ask that you move your vehicle to the main parking area before setting up. An event volunteer will be available to assist you.



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 "Event Staff" 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 BEFORE 7:30 AM on race day.

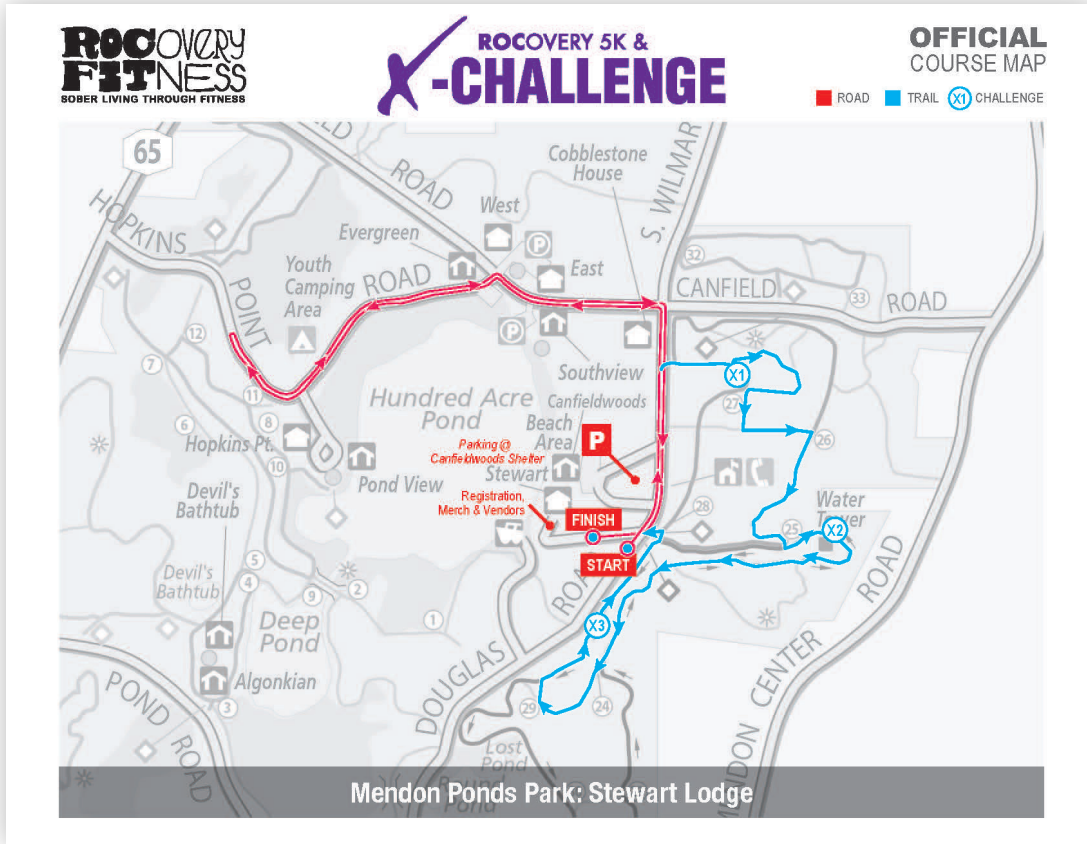
PRE-RACE ACTIVITIES!

This year is the first ever SoberFest event happening the entire weekend around our 5k event. Activities begin on Saturday at noon and run up to the conclusion of our event. You will notice the additional equipment and vendors, as well as many of the other participants will be spending the night in the park camping out together prior to the beginning of the race. At 8:30 AM, *Monroe County Executive, Adam Bello* will be our event keynote speaker this year, and we couldn't be more thrilled. At 8:50 we will all walk up to Douglas Road and start the race together!

#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



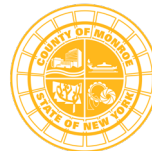
A VERY SPECIAL THANK YOU TO

Our Sponsors!

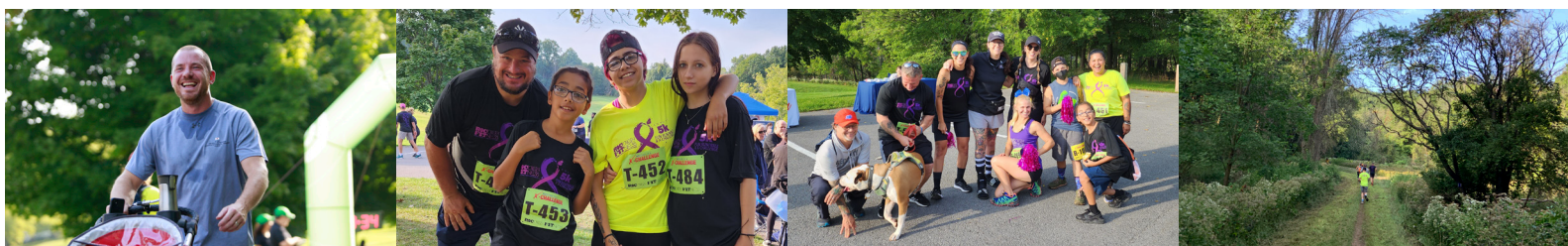
PRESENTED BY



ALSO SPONSORED BY



We Are Truly #StrongerTogether



AND A VERY HEART-FELT THANKS TO

Our Volunteers!

Without whom, NONE of the past 9 years would've been possible.



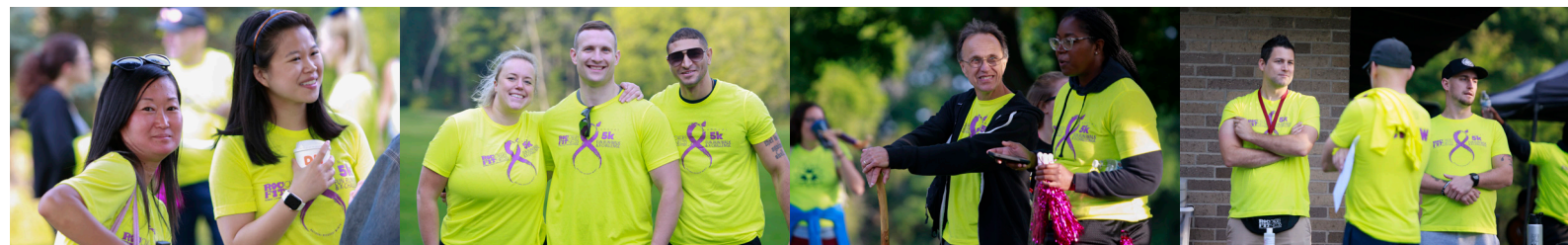
Just SOME of our 2022 event volunteer crew!

Also, a GREAT BIG shoutout to this year's planning committee, ROcovery staff and our incredible Board of Directors!

ALSO Jonathan, Jeffrey and the whole crew at Rochester Running Co. for all of your expertise and support over the years making it look like we know what we're doing! You guys ROC!



Event photographer 📷: Olivia Lopez



#hopeinliveshere

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 ROCovery 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 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/ROcoveryFitnessAnnual5kRunWalkXChallenge) 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 for one week beyond the race.

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 9/11/23. If you signed up after that date, your packet may arrive after later than 9/17/23.

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

A: Unfortunately due to the process used for this year's shirts, the order had to be made well in advance of the event, taking much more time to prepare and produce. We may not be able to get a second printing without incurring substantial costs. Please reach out to us to see if any shirts were left over or not picked up after the race is completed.

If you still have questions that have not been answered after reviewing this guide, please contact us either by email at 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 17th!

