

St. Theresa Parish & School
455 N. Benton
Palatine

5K
TROT FOR THERESA
RACE DAY INFORMATION

Saturday, Oct 15, 2022
7:40am Line Up
8am Race Start

Thank you for participating in the 12th annual Trot for Theresa. We hope you have a great race and a wonderful day at the event. To help ensure the race runs as smoothly as possible, please familiarize yourself with the following information.

RACE BIBS

Look on the back side of bibs for a labels with names.



It is very important that everyone is wearing the correct bib so race finish times are recorded correctly for awards. Each bib number is pre-assigned to a specific participant. Bibs have timing chips embedded in them so a participant's time is recorded when their bib crosses the finish line. Bibs should be pinned to the front of your shirt, ideally where the timing company can see your number. There are pins in your race bags and extra pins can be found in the lower level of the Dolan Center.

STROLLERS

Strollers are welcome! However, **stroller riders will not receive, and should not wear, race bibs.** If you registered your child and did not select "stroller" during registration, but they will be riding in a stroller, *please do not bring that bib on the race course.* It has a timing chip that will record a time for your child - even if it is in your bag - which will inadvertently be included for awards in their age group. Participants with strollers are asked to line up towards the back of the group to allow runners a faster start.

AWARDS CERMONY

The top overall male and female finishers will receive a trophy and \$100, and age group awards will be presented. The ceremony will take place as soon as race results have been verified. An announcement will be made at the start. **To ensure results are not delayed, please check that all participants in your group are wearing the correct bib with their name on it and stroller riders do not have bibs.**

RACE RESULTS AND PHOTOS

Results and photos can be viewed online at RESULTS.TROTFORTHERESA.COM or use this QR code to view on your mobile phone.



START LINE PROCEDURES

Please report to the start line area by 7:40am. Warm ups and announcements will begin at 7:40am and the race will start at 8am.

Walkers and participants with strollers are asked to line up towards the back of the group to allow runners a faster start. The race is a "shot gun start" so everyone's timer starts when the shot gun goes off.



COURSE SAFETY!

Volunteers and police officers will be stationed at intersections along the course, however

PLEASE BE AWARE THAT THE COURSE IS NOT CLOSED TO TRAFFIC, AND IT IS POSSIBLE THAT AN INTERSECTION COULD BE UNATTENDED.

In the interest of safety, please stay on the sidewalk if you are not a large group, be mindful of cars and yield if necessary, and do not leave young children to walk or run alone without adult supervision.

Stay safe! 



COURSE MAP

The course is a USTAF certified single loop 5K (3.1 miles). A map of the course can be found on the back of this sheet. There are 1,2 and 3 mile marker signs along the route.

KIDS FUN RUN

The fun run race will take place in the grassy area behind the playground following the Awards Ceremony. All kids ages 10 and under are welcome to participate. Payment for the 5K is required to receive a race shirt.

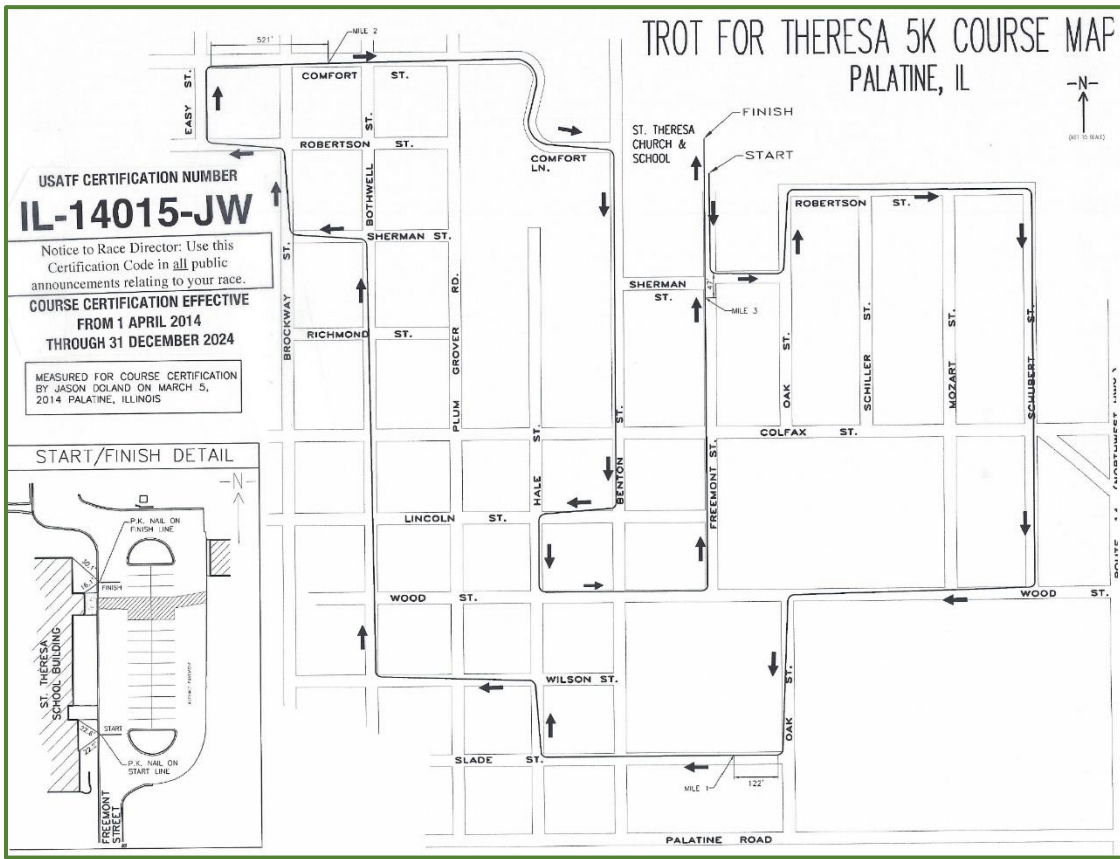
POST RACE PARTY

Everyone is invited to stay for music and inflatables following the race. Donuts and refreshments will be served!

GENERAL LOGISTICS & INFORMATION

Free parking is available in the Benton Street and Dolan Center parking lots (see map on reverse side). Restrooms are located in the lower level of the Dolan Center. The race and Post Race Party will go on rain or shine. In the event of inclement weather, the Post Race Party will take place in the lower level of the Dolan Center. Children must be supervised by a parent or guardian at all times. Please leave your personal belongings in your car. St. Theresa cannot be responsible for lost or stolen items. If you have any questions prior to race day please feel free send an email to INFO@TROTFORTHERESA.COM If you need assistance on race day you can go to Registration, which is in the lower level of the Dolan Center or see any committee member (orange shirt) and we will be happy to assist you. Thank you again for your participation. Good luck!

COURSE MAP



EVENT LAYOUT

