

Chevron



PRESENTS



12TH ANNUAL

SUPERHERO

**10K ⚡ 5K ⚡ 1M
KIDS FUN RUN**

TO BENEFIT LIFESTORIES

child & family advocacy

SEPTEMBER 21, 2024

RACE PACKET



WELCOME!

Thank you for joining us for the 12th Annual Superhero Run/Walk on September 21, 2024 at the Greeley FunPlex. This packet provides race day information for the in person event.

If you haven't registered yet, there is still time to do so on-line or at our office (1640 25th Ave., Greeley) through Friday, Sept. 20 at 4:00 pm or at the event.

The following pages house all of the information you'll need in order to have a fun and successful morning with us! Please read through them before race day.

If you have any questions that are unanswered, feel free to reach out to us directly: contact@lifestoriesweld.org | 970.353.5970

12TH ANNUAL SUPERHERO RUN



Saturday, September 21, 2024



Registration Start - 7:15am | Race Start - 8:30am



Greeley FunPlex | 1501 65th Ave, Greeley, CO.

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EVENT SCHEDULE

7:15-8:15am	10K/1M Registration/Check-In
7:15-8:30am	5K Registration/Check-In
8:30am	10K RACE START
8:35am	1M RACE START
8:45am	5K RACE START
9:00am	Family Carnival Opens
9:45am	FREE KIDS FUN RUN START
10:15am	Awards Ceremony/Carnival End
10:30am	Official Timing Ends

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INFORMATION

PACKET PICKUP

Packets may be picked up early on **Thursday (9/19) between 9:00 am and 6:00 pm and Friday (9/20) between 8 am and 4:00 pm** at 1640 25th Ave., Greeley. They may also be picked up on race day at the event between 7:15 and 8:30 am. Runners not yet registered may do so in person during any of these times or on-line until Friday the 16th at 4:00 p.m.

T-SHIRTS

T-shirts will be available at packet pick-up for anyone who registered before August 28th. We will give any additional t-shirts to runners in the order they registered while supplies last.

NOTE: We will not be doing a second round of ordering after the run as in years past.

SWAG BAGS

Swag Bags will be given out on a first come first served basis at packet pickup while supplies last. If you have registered a number of people in your family, please consider taking fewer bags.

PARKING

Parking will be available on the grounds of the Family FunPlex and surrounding areas. **Please leave the 2 rows closest to the FunPlex entrance for patrons of the FunPlex.**

WEATHER

The event will go on rain or shine. If severe weather arises, we might have to cancel the event. A final decision will be made on the day of the race. A decision to cancel will be on our website & Facebook page by 7:00 am.

WATER STATIONS

Water stations will be available at roughly 2.5K, 5K and 7.5K distances.

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TIMING

The 5K and 10K are both chipped timed. **Your individual time will start when you cross the starting line.** Slower runners, walkers and those with strollers, please start toward the back.

NOT PERMITTED

The following will not be allowed in the race: bikes, skateboards, roller blades, and unregistered runners. **Well behaved dogs are allowed if they are on a leash at all times.**

COURSE DIRECTIONS

- Follow the pace bike and the race markings along the route.
- There are course marshals stationed around the route. Please contact one of them if you need assistance.
- View the race route ahead of time at:
 - 5K/10K: bit.ly/sh5k10k
 - 1M: bit.ly/sh1miroute

KIDS FUN RUN RACE REMINDERS

This race is for children 6 years and younger.

- Even though this run is free, **parents are required to register their children.** This can be completed online or in person during packet pick up or at the event.
- All race participants must pin race numbers on the front of their shirt.
- The Kids Run will involve a very short distance in the grass at the FunPlex.
- Please note this is not a timed race and no official results will be reported. Encourage your child/children to have fun!
- This is a very short race. If kids want to run/walk a longer race we encourage them to sign up for the mile.
- Kids should stick around for the awards ceremony as there will be a group picture and prize drawings for all children present.

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10K & 5K RACE REMINDERS

- All race participants must pin race numbers on the **front** of their shirt.
- This race will be chip timed by 5 Star Timing.
- Both races will have chip start which means that your individual time will not start until you cross the starting line. We encourage runners to take advantage of this and spread out.
- Walkers and those with baby strollers should position themselves near the rear of the starting line-up.
- There will be water stations at approximately 2.5K, 5K, and 7.5 K. There are no bathroom facilities on the route.
- Course marshals will be stationed throughout the race to cheer you on, help stop traffic if needed and give directions. View route: bit.ly/sh5k10k
- Timing will stop at 10:30 am.
- Enjoy post-race refreshments including coffee from Human Bean, donuts, fruit and more.

1-MILE RACE REMINDERS

- All race participants must pin race numbers on the **front** of their shirt.
- The 1 mile is manually timed, so stay in finish order once crossing the finish line. Volunteers will be present in the finish chute to help runners remain in their finish order. Once they have recorded your runner number, you may exit the finish area.
- Each runner should cross the finish line only once. Only runners registered for the 1M should enter the chute.
- **Note: The 1 mile race goes through the finish for the 5K and 10K—don't stop, keep running. The 1 mile finishes where it starts!**
- View route: bit.ly/sh1miroute
- Course marshals will be stationed throughout the race to cheer you on, help stop traffic if needed and give directions.
- Enjoy post-race refreshments including coffee from Human Bean, donuts, fruit and more.

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RESULTS & AWARDS CEREMONY

Results for the races will be available at approximately 10:15 am.

Complete official timed results for the 5K & 10K will be posted online by Sunday night at lifestoriesweld.org/superhero-run. **The awards ceremony will only recognize the overall 5K and 10K winners, largest team winners and costume contest winners.** The medals for the top 3 finishers in each age group will be available at our prize booth. Our annual group picture of the kids will take place at the end of this ceremony ending with prize drawings for all children present.

PRIZES

Cash prizes will be awarded to the top 3 overall 10K and 5K (Male and Female) finishers and medals given to the top finishers in the 10K and 5K (Male and Female) in each age division:

14&under | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+

There will be a prize for the top 1 Mile runners (male and female). Prizes will also be awarded to the largest school team, largest non-school team, and various costumes prizes for adults, children and dogs Also many door prizes will be given away! Check the Door Prize booth when you finish to see what you might have won.

CARNIVAL

Please join us for festivities for the whole family after the race from 9:00 am to 11:00 am.

- Carnival Games
- Face Painting
- Balloon Animals
- Photo Booth
- Music and More...

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PARKING



Overflow parking is located on 65th Ave at University Middle School and on 16th St. at Frontier High School.

Parking may be limited due to softball tournament so try to get there early.





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IN ALL OF US. WE JUST NEED THE
COURAGE TO PUT ON THE CAPE."
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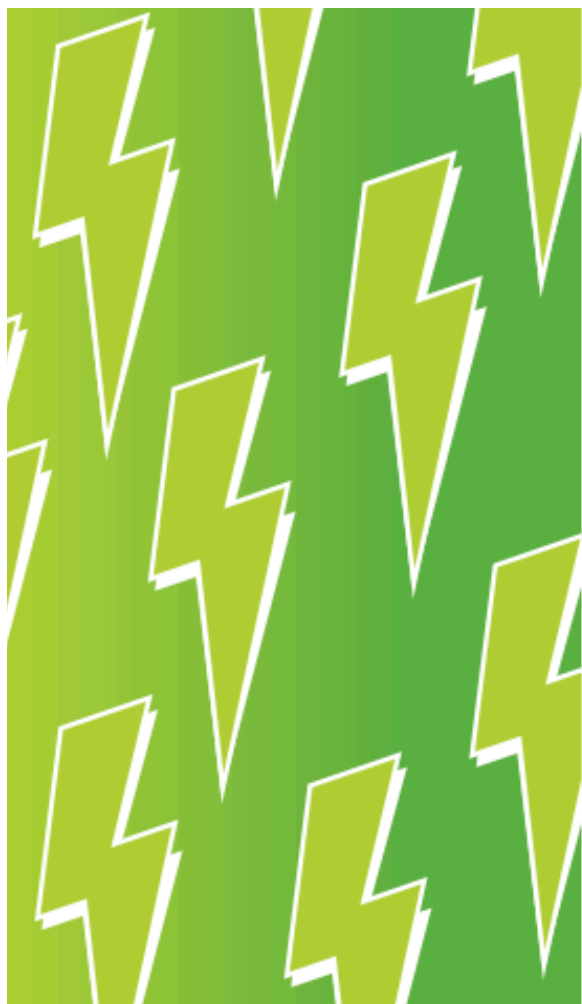
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We wanna be your superhero when it comes to buying or selling a home, we're here to save the day!



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June@junesteam.com
www.junelemmings.com



Where Northern Colorado Gets its Beer!

Our company is more than a beer distributor. We are an engaged community member. We elevate fundraising events hosted by Colorado nonprofit organizations through sponsorships, contributions, and event donations, giving those organizations more reason to celebrate the outcome.

A Sample from Our Portfolio

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Coors Banquet	Blue Moon	Guinness
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IN-KIND