**15th Annual Komen Northern Nevada Race for the Cure – Race Day Instructions
Sunday, October 6, 2013. Grand Sierra Resort and Casino.**

[**Like us on Facebook**](https://www.facebook.com/komennorthnv) **and keep up with the latest Race for the Cure information!** Questions? Visit our website, [www.komennorthnv.org](http://www.komennorthnv.org/) or call 775-355-7311. Email us at info@komennorthnv.org or drop by in-person registration.

**Packet Pickup & In-Person Registration**Wednesday, October 2 3:00 pm to 7:00 pm at **Legends Outlet Mall**, Suite B108 (next to Jazz Kitchen)
Thursday, October 3 11:00 am to 7:00 pm at **Legends Outlet Mall**, Suite B108 (next to Jazz Kitchen)
Friday, October 4 11:00 am to 7:00 pm at **Grand Sierra Resort** (Silver State Pavilion)
Saturday, October 5 9:00 am to 3:00 pm at **Grand Sierra Resort** (Silver State Pavilion)
Sunday, October 6 (Race Day) 6:45 am to 8:15 am next to the Start Line at GSR

Team boxes are carefully assembled and must be picked up in their entirety. Items for individual participants on a team will not be separated from the team box. T-shirts are not provided for kids 5 and under but you’ll be able to buy merchandise at GSR.

**What is Included in my Race Day Packet?**

* Race T-shirt, Race bib (with course map), and safety pins!
* Timing chip (if applicable)
* **For Registered Survivors - Survivor T-shirt, Survivor Hat, Survivor Bib, Survivor VIP Parking Pass, Voucher for brunch at the Grand Sierra Elements Buffet**
* “In Memory Of” back sign and/or “In Honor Of” back sign

**How to Get to the Race**

Avoid the traffic jams and parking issues! Arrive early and plan on carpooling ☺.

**What To Do When You Arrive**
If you have your race bib, you do not need to check in. If you are a member of a team, find your team-mates and head straight to the Team Tailgate party area. Pick up your team sign and get your team photo taken on the bleachers. We’ll have one photo ready for the Team Captain to take home and the rest available at [www.komennorthnv.org](http://www.komennorthnv.org) after Race Day. Teams Rock the Race! Did your team earn a spot on the wall of fame? Your very own team toilet? [Check out all our team incentives here.](http://komennorthnv.org/komen-northern-nevada-race-for-the-cure-teams/)

**Race Day Schedule**

6:45 am  Parking Lot Opens
6:45 am – 8:15 am   Registration, Team Tailgate Party & Team Photos
8:00 am – 11:30 am    Expo and sponsor giveaways!
8:00 am – 8:30 am      Opening Remarks
8:30 am – 8:55 am       Survivor Celebration

9:00 am  Fitness Warm Up
9:05 am      5k Timed Run
9:15 am     5k Untimed Run/Walk
9:20 am      1-Mile Fitness Walk
10:00 am                           Closing Ceremony & Awards
11:30 am Expo Closes

**Wearing Your Race Bib**Wear your race bib on the front of your shirt or shorts so it is visible during the race.

**Timing Chips for 5k Timed Run**These disposable chips are attached to timed runner bibs and will be provided during registration and packet pickup. Chips will be available at a cost of $5 for those who wish to upgrade to a timed runner.

**Race Rules**For the safety of all participants, rollerbladers and pets are discouraged from participating in the event. Thank you for your cooperation. We urge participants with baby strollers/joggers to start in the back of the 5k walk or 1 mile fitness walk event. All participants must be registered and wearing a race bib.

**The Start Line**The Race start line is designated by the Komen pink balloon arch.

**The Course**There will be one water station on the 5k course and one at the finish line. Enjoy the variety of entertainment along the course. Follow instructions from course marshals and smile for the cameras ☺.

**The Finish Line**The finish line is located adjacent to the start line, inside the Expo area. Finish times are recorded for participants in the timed 5K timed run who finish in less than 36 minutes. There will be a display clock at the finish line for all others to see their times.

**Awards and Results for the 5K Timed Run**Awards will be available for the 5K timed run and presented to the top three finishers in these categories: survivors, women and men. Results will be posted within 24 hours at [www.komennorthnv.org](http://www.komennorthnv.org/). The team spirit award winner will be announced and team awards will be presented to the largest community, corporate and school teams immediately following the Race at 10.00 am.

**Race Day Activities**Visit our race Expo featuring race sponsors with great giveaways and informational takeaways. We invite all race participants to join us for our Survivor Ceremony which will begin at 8.30 am. When you cross the finish line, enjoy free post-race refreshments courtesy of Safeway and Propel. Post photos and messages on the Dedication Wall, inside Grand Sierra Resort. Plan to show your support for the fight against breast cancer by purchasing fabulous Komen merchandise at the *Shop for the* *Cure*. Visa, MasterCard, checks or cash will be accepted.

**Dedication Wall**There will be a Dedication Wall where we invite all Race participants to post photos and messages in support of loved ones fighting the battle with breast cancer and remembering those who lost their fight.

**Special Information for Breast Cancer Survivors & the Survivor Ceremony**Please check in at the Survivor Ceremony booth anytime between 6:45 am and 8:15 am to join the Survivor Ceremony. Starting at 8:15 am you will be directed to have a seat in the VIP Survivor Circle. The Survivor Ceremony will begin at 8:30 am and will end with Survivors receiving a Race for the Cure 2013 commemorative gold medal! Dedicated parking will be provided and Survivors will receive a voucher for a complimentary brunch on Race Day at the Elements Buffet, courtesy of Grand Sierra Resort and Casino.