

Dear members,

Please read the details related to upcoming 5K walk/Run event and plan accordingly

**Where is the event held?**

Reedy Creek Park, 2900 Rocky River Rd, Charlotte, NC 28213

**Where to Park the car?**

Once you enter the Park, follow the Park signs to SHELTER 4 and you will arrive at parking lot. There are limited car parking spots, so please do car pooling if possible.

If shelter 4 parking lot is full, you can park near other shelter's parking lot and walk to the shelter 4.

**What time does the run/walk starts and ends?**

The Registration counter opens at 7.30am to pick up the packet containing t-shirt and run/walk starts at **8am and ends at 10am. Last group will walk/run at 9am.** So, please plan to come early.

**What do you need to bring?**

Please try to bring water bottles. This will help us conserve water. CKB will have water stations and Gatorade as well.

**Can kids bring Bikes?**

No, Bikes are not allowed in Trails. Please do not bring. There is a kids play area near the shelter.

**Will there be any refreshment?**

Light breakfast and coffee will be served **between 10-11am.** For Kids, Begal and cream cheese will be available.

**What to wear?**

Wear comfortable clothes and shoes

**Will there be a timer?**

No. If you want to check your time, please use your phone or watch to calculate the time.

**How long will it take?**

It will take around 30-40min for runners and 50-70min for walkers

**What do I get after finishing the event?**

Finisher Medal and t-shirt. T-shirts are ordered from India, so, if you have requested the t-size as **Men/Women Large, you will get XL which is the Large size in USA**

**What if I cannot finish due to pain or other physical limitations and do I still get the medal?**

The Route has been designed to allow easy exit and yes, you still get a Medal. Please do not overdo causing injuries.

**Is it easy to follow the trail?**

There will be sign boards and green flags for easy navigation

**Will there be mile markers?**

No, since we are doing the smaller loop three times, to complete 5k you have to cross each water station three times. Reach out to volunteers at water stations for clarity

**Any guidelines we need to follow?**

Trails can be slippery at some places, please walk slowly in those places. Do not rush. Take your time, have fun. No paramedic in place, but basic first aid kit will be available.

Trail is for public use, please be respectful for other walkers.

**Are Restrooms nearby?**

Yes

**Can we walk with strollers?**

Yes, please be careful at the downhills.