

# Vow to Drive Sober Run

Saturday, December 9, 2017

## Things to Know

### Exclusions

Skateboards, bicycles, and pets are not allowed on the course. Hand cycles, running chairs, sport wheelchairs and sports strollers are allowed. When planning to use a sports stroller, it must be selected as a part of your registration or added later through a change request.

### Personal Information

Participating with inaccurate information in your race entry such as gender and birthdate or participating as someone else affects everyone not just you. Make sure your information is accurate including taking steps to transfer your race entry to someone else through a change request when needed.

If you have accidentally typo'd during your registration or you have registered another participant with inaccurate information, it will be inaccurate in race day results unless you have taken the necessary steps to identify and correct it.

Validate the information in your registration confirmation at the time of receipt as well as on the monitors or online immediately following the event. Pay attention to gender, birthdate or age group division and the spelling of your name.

If you identify a discrepancy or need to transfer your race entry in advance of the event, view change requests from the homepage and complete a change request. If you identified a discrepancy upon completion of the event, address it at the timing station before finalization of results and the start of the award ceremony. If it is after finalization of results, send an email to [info@phxfr.org](mailto:info@phxfr.org) for review to determine what, if anything, can be done to address your concern.

### Correctly Wearing Your Bib

Wearing your bib correctly will help ensure you are not stopped on the course for not having a bib on and it will also help ensure accurate reads and ultimately a timing result. Your bib needs to be placed on your front torso unobstructed. You may also place it on an upper thigh facing forward just below your torso. Do not bend the timing chip, remove the foam tape covering

the timing chip or place the bib anywhere else on your body including the back of your torso or where it would be covered. The foam tape, in addition to helping ensure timing chip reads, also helps prevent moisture from getting onto the timing chip from sweat or rain. Keep your bib away from liquid.

If needed, safety pins will be available at onsite registration to enable you to attach your bib.

Avoid congregating around the start and finish line other than when starting or crossing the finish. Congregating near a timing mat after it has been activated may create one or more false positives in your individual timing result, which could cause an error in your individual time result requiring reconciliation of your individual record in an attempt to correct it.

If you have secured your bib, have it with you on race day and have decided not to participate in the race, make sure you do not carry it with you near the timing mat at the start and finish unless you have gone to the timing station to have the bib deactivated. Not doing so can cause your bib to read placing you into results as participating in error affecting race result placements and awards for those who participated.

### **Race Shirt**

We do our best to forecast based on the sizes requested by participants during registration at the time shirts are ordered for the event. Requested size is not guaranteed as a part of your registration. If you do not receive the size requested, or you want to change the size you requested, go to registration immediately following the race to see if your request can be accommodated.

You must not wear any shirt you receive, if you want to attempt exchanging it for a different size after the race.

### **Swag**

While supplies last. Swag bags have a mixture of goodies inside from multiple sources. Content may vary from bag to bag and swag is not guaranteed as a part of your registration.

### **Medical**

A first aid kit will be available at the start and finish for minor incidents. If you or someone you are observing needs medical assistance, please notify a race crew member. If you believe you or someone else may be experiencing a life-threatening emergency call 911 immediately.

## **Water Stations**

A water station is offered at approximately 1 mile and 2 miles for the 5K and .5 miles for the 1 Mile to help you keep hydrated and refreshed. Water will also be available at the start, finish, expo area.

## **Portable Toilets**

Portable toilets will be available at the start, finish, expo area. No portable toilets will be along the course.

## **Bag Check**

Bag check is not being offered at this event. Please plan the storing of any personal items accordingly.

## **Participant Food & Beverage**

Light refreshments will be available to participants at the refreshment table before and after the 5K and 1 Mile while supplies last.

## **Bringing Guests or Participating with Friends and Family**

Want to bring your friends and family with you as your personal cheerleading squad? No problem! If your friends and family are participating with you, consider creating a team during registration!

## **Beneficiary**

The Next Step Foundation is a nonprofit 501(c)(3) corporation that presents its story and educates from the offender's point of view about the life-altering effects of drinking and driving, to schools, corporations and community groups.

It helps communities learn about the impacts and consequences surrounding the decision to drink and drive and the all-to-often devastating effects, which often extend to many more individuals than the driver who has made the bad decision to drive drunk.

The Next Step Foundation also works hard to empower parents and caregivers of individuals with traumatic injuries and special needs to improve their health by participating in programs, like Run with Team Brandon, geared toward exercise, nutrition and self-love.

Everyone is welcome to join and support Team Brandon at any one of the many events it participates in and the Vow to Drive Sober Run, both of which help bring awareness to the fight against drinking and driving.

All donations help support The Next Step Foundation's charter including helping special needs families obtain running chairs so that they too can participate with Team Brandon, participate in other activities and help spread the VOW TO DRIVE SOBER message.

All it takes is one message to a listening ear to save a life. Help The Next Step Foundation and make sure the message goes out to those who need it before the tragedy strikes.