



Women Run the Cities

Captains Checklist

Welcome to the 5th Anniversary of Women Run the Cities! Whether you are a first time Captain or a veteran Captain, we are thrilled that your team will be participating with us this year.

Below are a few helpful hints that we'd like you to share with your team in order to clarify the details or answer their questions. Enjoy yourselves!

- Be sure all team members verify which event they registered for (i.e. 5K or 10 mile). This is important to know for the pick-up of the race packet. Pick-up lines are separated by event.
- There are 3 options for packet pick-up:
 - Friday, September 23rd from noon to 5:00 p.m. at Marathon Sports (2312 W. 50th St)
 - Saturday, September 24th from 10:00 a.m. to 4:00 p.m. at Marathon Sports
 - Sunday, September 25th from 7:00 a.m. to 8:30 a.m. (Minnehaha Falls Park)
- If someone from the team is picking up packets and shirts for teammates, please tell them to allow extra time for this.
- Race shirts will be given out according to the size indicated at the time of registration. We are unable to handle any shirt exchange.
- The packet will contain a bib number and pins (worn on the front of a shirt or shorts) and a small zip tie and timing chip to be put on a shoe. Everyone will also receive a great bag from lululemon athletica.
- Bag check will be available at the event starting at 7:00 a.m. near the Park Pavilion. Seasoned volunteers will be at the bag check until the last bag is picked up (typically 11:00 a.m.). Encourage people to leave their valuables at home. While this area will be staffed all morning, we cannot be responsible for lost articles.
- Pull the perforated number from the bib and put into our raffle barrel for our post-race raffle.
- Plenty of porta potties will be placed near the bag check area and near the water stops.
- The race headquarters area will have a gathering spot specifically for teams. (Next to packet pick-up)
- Visit the website for:
 - Directions to the park and parking
 - Race map and route information
 - Race times and a schedule of events
 - A frequently asked questions section
- Race results will be hung up at the registration tent as they are available.
- There will be water at the start/finish area as well as 4 water stops along the entire course. GU will be available between miles 6 & 7 (St. Anthony Avenue).
- We have bike patrols along the route. If you need assistance, please flag one of them over and they will assist and radio for help. We will have trained medical personnel available.
- When coming across the finish line (**congratulations!**), a volunteer will cut the zip tie & timing chip from your shoe. Grab some water and cheer on your teammates as they cross the finish line.
- We will have an awards program starting at approximately 10:30 am.
- Pre or post race enjoy our Vendor Village and live entertainment by Lauren Redpath.

Have we missed any detail you need to know?

Check the website (www.womenrunthecities.com), or talk to one of our knowledgeable volunteers!