

Emily's Run—What You Need To Know!

Race Day

Sunday, July 16, 2023.

Time

Race starts at 8:30am

Race Day Registration Area

Auburn Middle School, 38 Falcon Drive, Auburn

Starting Location

The Starting Line is at the rear of Auburn Middle School. Be sure you pass over the starting mat at the start of the race.

Finish Line

The Finish Line is at the rear of Auburn Middle School.

Course



Course Change

Please be aware that there is a course change for Emily's Run this year due to the construction at Edward Little High School. The race will start and end at Auburn Middle School.

Course Safety

While every effort is made to minimize traffic during the race, roads remain open to vehicles. Participants must be mindful of traffic and use caution during the race. Walkers are encouraged to use sidewalks whenever possible. This is a safer alternative for participants.

Age Groups

Race Age for Age Groups for all races is determined by how old you are on race day. Triple Crown Awards are determined by your age on December 31, 2023.

Parking

- Given the course is utilizing the left side of Auburn Middle School (AMS) driveway for both the start and finish, parking is going to be challenging.
- Limited parking is available at AMS and Falcon Drive (Falcon Drive will be limited to parking on the exit side of the driveway).
- Parking is not allowed on Court Street.
- Runners and spectators are encouraged to park on neighboring streets of Fairview Ave and Allen Avenue, both a very short walk to the start.
- Parking out back at LAYSA will not be allowed due to limited access and likely interaction with runners.

Bib and Shirt Pick Up

Bib and shirt pick up (if you ordered one in advance) is available Saturday, July 15th from 12:00pm to 2:00pm at The Pub at Baxter Brewing, 120 Mill Street, Lewiston. Pre-registered runners may also pick up their bib & shirt on Race Day from 7:00am to 8:15am. You can also pick up a friend's bib and shirt!

Race Day Registration

Race Day Registration is available from 7:00am to 8:00am at Auburn Middle School. The races start on time.

Teams

If you are participating as a member of a team, please stop by the TEAM Table to review your team entrants prior to race start.

Race Day Questions?

Go to the Registration Tables at Auburn Middle School.

Corrals/Pace Groups

There are no assigned corrals or pace groups. Please seed yourself according to your expected pace: 6-8 Min Milers front of the pack; 8-10 Min Milers Mid Pack; 11-13 Min Milers & strollers in the back of the pack please.

Hydration

Water will be available at the 1.5 mile mark on the race course. Water will be provided at the finish line.

Post Race Replenishment

Assorted fruits, coffee, and other snacks are available to race participants. Water will be provided to all finishers.

Kids Fun Run

Kids Fun Run Start time is 8:00am after the National Anthem. All children are eligible to participate whether they run, walk, skip, or are strolled through the course. Arrive early on race day and locate the Kids' Fun Run table to register your child for participation. Children may also register for the Kids' Fun Runs at the Packet Pickup events.

Awards Ceremony

The Award Ceremony will take place around 9:30am at Auburn Middle School. The top male and female overall will be recognized with awards as well as the top two males and females in each age category.

Strollers

Strollers are allowed but must start in back of the pack and remain behind runners. Please no weaving in and out of the pack!

Dogs

We can't allow dogs on the course except for Service Dogs.

Bandits (Runners with no bib)

Unregistered Runners are not welcome and will be asked to leave the event.

Can't Run?

No race day bib transfers or deferrals are allowed but we would love to have you as a volunteer.

Please wear Your Bib Properly

Pin your bib to an outer garment so that it is front-facing. The timing chip is affixed to your bib so please do not wrinkle or modify your bib.

For more information

<https://www.triplecrown5k.com>