

# YMCA Fit Fest—What You Need To Know!

## **Race Day**

Sunday, June 9, 2019.

## **Time**

Race starts at 8:30am

## **Race Day Registration Area**

Festival Plaza in Auburn.

## **Starting Location**

The Starting Line is at the corner of Court Street and Main Street in Auburn. Be sure you pass over the starting mat at the start of the race.

## **Finish Line**

The Finish Line is next to Festival Plaza in Auburn.

## **Course**

[Download Map](#)

## **Course Safety**

While every effort is made to close roads 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 and the Triple Crown is determined by how old you will be on December 31, 2019.

## **Parking**

Parking is available at the parking garage located on Mechanics Row next to Auburn City Hall.

## **Bib and Shirt Pick Up**

Bib and shirt pick up is available Saturday, June 8th from 4:30pm to 6:30pm at Gritty McDuff's Auburn Brew Pub, 68 Main St, Auburn, ME. All participants that show their race bib get one Gritty's beer for \$1 on Saturday. 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 friends bib and shirt!

## **Race Day Registration**

Race Day Registration is available from 7:00am to 8:00am in Festival Plaza in Auburn. 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 in Festival Plaza.

## **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 two-mile mark on the race course. Water will be provided at the finish line.

## **Post Race Replenishment**

Pizza, assorted fruits, coffee, bagels, and muffins 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 at 9:30am in Festival Plaza.

## **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 the bib so please do not wrinkle or modify your bib.

## **For more information**

<https://www.triplecrown5k.com>