

## **2012 Lenexa Freedom Run FAQs**

### **Registration information**

Walk-in: April 1 to race day at Community Center, 13420 Oak St., Lenexa (913.477.7100), M-F 8 a.m. – 6 p.m.

Mail-in: Must be received by 5 p.m., June 29

[Registration form](#) for walk-in and mail-in registrations.

[Online](#): available until 5 p.m., July 1

Packet pick-up: It is strongly recommended to register and pick up your packet ahead of time.

July 2: 3-7 p.m.

July 3: 11 a.m. – 4 p.m.

July 4: Race Day, 5:30-6:45 a.m.

### **How do I register online?**

Go to the [KC Commission registration](#) site and complete all information. You will be leaving the city's website, and you will be charged a nominal service fee for each transaction. All information is private on this secured site.

### **What are the registration fees?**

\$20 per person prior to June 1

\$25 per person June 1-July 3

\$30 per person July 4 (race day)

### **What time do I need to arrive on race day?**

The race starts promptly at 7 a.m. Allow time for parking and packet pickup – no later than 6:30 a.m. is recommended. If picking up packet, allow additional time. It is strongly recommended to pick up packets and register before race day.

### **Where do I pick up my packet?**

Lenexa Community Center, 13420 Oak Street (93<sup>rd</sup> & Pflumm); south of the railroad tracks.

### **Where is the starting line?**

In Old Town Lenexa, on the north side of the train tracks (Santa Fe Trail Drive and Pflumm Road).

### **Where is the finish line?**

93<sup>rd</sup> Street and Pflumm, across from the Lenexa Community Center and Senior Center.

### **Where do I park?**

Parking is available at the Lenexa Community Center and on various streets in the surrounding area. Please refer to the map for parking as many streets will be blocked off in preparation for the parade, which follows the race. It is important that you do not get blocked in an area that is being used for parade staging.

View a [map of the road closures](#).

**How do I view the 5k and 10k race maps?**

View the [5k](#) and [10k](#) race maps online. Additional maps are also available at packet pick-up.

**What if it rains?**

We will run in the rain. However, if it is unsafe to run/walk, the race director reserves the right to postpone or cancel the race.

**What if I am unable to attend? Can I get a refund?**

There will be no refunds of registrations for the race.

**Can a friend or family member pick up my packet?**

Yes. The person picking up your packet must have your last name.

**I registered by can't participate. Can I still pick up my t-shirt?**

Yes, Please stop by and pick up your packet, and t-shirt at packet pick-up at the designated times. Shirts will not be mailed. Please do not pick up a timing chip.

**I registered by I can't participate. May I transfer my registration to next year or give it to a friend?**

No. We're sorry, but registrations are non-transferrable and non-refundable.

**Where are the water locations on the course?**

Water sprays will be available at several locations throughout the course. Water aid stations are located at 99<sup>th</sup> & Alden, west of Santa Fe Trail Drive on 95<sup>th</sup> Street, and at the finish line.

**Will there be splits called on the course?**

The course is marked at the 1-, 2-, 3-, 4-, 5- and 6-mile markers. It is recommended that you start your own watch to get your personal times at each mile marker. The split for the 10K occurs at the 2.7 mile marker on Santa Fe Trail Drive and 95<sup>th</sup> Street.

**Is the course certified?**

Yes.

**Do I have to choose between the 5k and 10k race ahead of time?**

Yes. You must choose and designate on the race form 5k or 10k. You must finish in the correct finish chute. The 5k finishes on the left side of the road and the 10k finishes on the right side of the road. Be sure to familiarize yourself with the course prior to running and to follow the arrows and signs. You may change your designation prior to the race, but not during or after the race.

**May I run with my dog?**

No. Due to the safety of all runners, pets will not be allowed.

**May I run with a baby stroller?**

Yes. Due to the safety of all runners, please stay near the back of the pack and be courteous to all other participants.

**Do I need to wear my bib?**

Yes. Bibs are used to identify registered runners, for pictures, and other back-up information as needed.

**Do I have to wear an electronic chip?**

No. You do not have to wear a chip, but you will not be timed. You will also be ineligible for race rewards. If you do pick up a chip and decide you do not want to be timed, please return your chip to the race director or to the volunteers collecting chips at the finish line area.

**Where does the electronic chip get placed?**

It is attached to your shoe laces with a tie. Upon finishing the race, volunteers will remove the chip.

**May I run barefoot?**

Yes, but you will not be timed. The timing system only picks up your time at the foot level. Chips may not be worn on shorts or other clothing.

**Do I need to return the timing chip? Is there a fee for missing chips?**

All chips must be returned upon completion of the race. In order to keep the race fees at a minimum, please be sure to get your chip clipped off by one of our volunteers at the finish chute. Please do not exit the chute area until your chip is returned. If you discover you still have your chip once you get home, please mail it back to us immediately at: Lenexa Freedom Run, 13420 Oak Street, Lenexa, KS 66215.

**What if I notice that my bib number does not correspond with my chip, or if my finish time does not correspond with the computer printout, or if my name is listed in the wrong age, sex or race?**

Please notify staff immediately so corrections can be made. It is very important that all vital information is correct as results may be affected.

**How is the event timed?**

Electronic chips will be used for results and timing. Gun start will determine the start of the race. Electronic pads are located only at the finish line. Please line up at the start line according to your per-mile pace (for example, 6-minute mile, 7-minute mile, 8-minute mile, etc.). All walkers start at the end of the group.

**Can I walk during the event?**

Yes. However, the course will only be monitored for 1½ hours.

**What time does the course close?**

Approximately 8:30 a.m. or 1½ hours.

**Can you tell me more about this event?**

This is our 34<sup>th</sup> annual event. It is a family friendly run. Many runners take their race seriously and are being timed. Walkers are welcome, but please be aware of your surroundings at all times and start at the back of the runners at the starting line. We anticipate 1,200-1,600 participants in this year's event. To view the course, please refer to the map. It is a loop course for the 5K and a double loop for the 10K course. It is fairly flat and considered a fast course. You will need to cross the finish to your left for the 5K run and to your right for the 10K. After the run, Lenexa hosts a parade which begins at 10 am.

**How difficult is the run?**

The course was altered a few years ago to make it a flatter and faster course. Make sure you are trained and fit to run or walk this event.

**What age groups are eligible for medals or plaques?**

See the [Freedom Run Awards](#) for a complete list of awards.

**What is the minimum age?**

Participants that are under the age of 18 years old must have a waiver signed by a parent or legal guardian.

**What if I need assistance while on the route?**

Aid stations will be located at strategic locations throughout the race and at the finish line.

**Are there restrooms on the route?**

Yes. They are located at the start line, Alden and Santa Fe Trail Drive and at the finish line.

**What food or drink items will be available at the finish line?**

Water will be furnished. Other sponsored food or drink items may be available.

**How soon are the results posted?**

Results are posted on the big white trailer at the finish line as soon as they are available. Personal printouts will also be available at the finish line.

**What time will the awards be available for pick up?**

As soon as the results are verified (approximately between 8 and 8:30 a.m.) they will be available for pick-up near the finish line. Runners picking up awards for their friends are required to sign a checkout sheet.

**Why isn't there an awards ceremony?**

The ceremony takes about 1-1½ hours to complete. We changed the format to allow runners to pick up their awards immediately after their time has been verified so participants may leave before the parade starts.

**What if I can't stay to pick up my award on the 4<sup>th</sup>?**

All unclaimed awards will be available for pick up at the Community Center, M-F, 8 a.m. – 6 p.m. for up to two weeks after the race.

**When will the results and/or photos be posted on the web?**

The results will be posted within two hours on a link page. Results will be converted to our main page, along with finish line photos of each runner a few days later.

**What charity do the proceeds benefit?**

The event supports our local service clubs and charity groups. The fees offset some of the expenses that are associated with the operation of this event.

**What should I bring to the race?**

Bring your energy and enthusiasm! You may want to bring a friend to cheer you on, carry extra clothing items, or have a towel ready for you at the finish line. Wear your bib on the front of your shirt or shorts and wear your chip (if you want to be timed).

**Can I stay and watch the parade?**

Yes. The parade begins at 10 a.m. See the [parade route map](#).

**I have a friend who would like to volunteer. How can they help?**

Please go to our city's website and register on our [volunteer page](#). For out of town guest volunteers only, you may email Susan at [sblattner@lenexa.com](mailto:sblattner@lenexa.com).