

2019 Point Bock Run Information

Thank you for registering for the 2019 Point Bock Run. We've been working hard to present you with a quality, well-organized event. We hope you enjoy the day and that you'll join us again on March 7, 2020.

These are your race Day instructions, hard copy instructions will not be printed.

Packet Pickup

In the large tent across the street from the Brewery

5:00 – 7:00 pm, Friday

10:00 – 11:30 am, Saturday

Parking

Parking is available at the Ruth Gilfry Building (front or back lots) on Whiting Avenue. Limited parking is available on Henrietta Street behind the Brewery and in the parking lot across the street from the Brewery.

Parking is not allowed on the course.

The race begins promptly at 12 noon.

Instructions and other race-day information will be announced at 11:50 A.M.

Please be in the starting area by 11:45 A.M.

Safety

For your safety and the safety of others we have designated starting areas. The fastest runners will be in front with all other runners behind. Special signs alongside the start area will designate an area for runners faster than 30 minutes (6:00 minute/mile pace), 35 minutes (7:00 minute/mile pace) and 40 minutes (8:00 minute/mile pace) and 45 minutes (9:00 minute/mile pace).

- The course is an out-and-back style course.
- The course is closed completely to traffic with the exception of Whiting Avenue,
- Please **stay on the right-hand side of the road.**
- Strollers are allowed but if you run with a stroller, you will be asked to start at the back of the pack.
- **Walkers** – Please start at the back of the pack and use the sidewalks whenever possible. Do not walk more than two abreast.
- **Runners without a 2019 bib number will not be allowed into the starting area or on the course.**
- Bib numbers should be visible to course officials and volunteers at all times.

Dogs are not allowed on the course or in the tent.

Do not bring your furry friends to the race.

Electronic Timing

The Point Bock Run utilizes electronic timing technology. A disposable timing chip is attached to your bib number. Your time does not start until you cross the start line. A half-way split will be taken when you cross the mat at the turnaround. With the exception of the overall male and female, all official times will be based on chip time. The overall male and female times will be based on gun time.

Water Stop

Water will be provided near West McDonald Dr. at approximately 2.65 miles. The water will be served ONLY to runners that are inbound.

Snacks and Beverages

Complimentary Point Beers and Ciderboys Hard Ciders will be served along with Point Premium Root Beer in the tented area adjacent to the Start/Finish line. Water and Gatorade and complimentary snacks for runners will be served at the finish line area. Your bib number has three tear-off beverage coupons. Additional beer or soda tickets may be purchased for \$2 at the north end of the tent.

Runners must show servers their bib numbers for proof of age; all others must provide identification if asked.

SPASH Girls Track and Field will be offering food for sale.

Results and Awards

Results will be posted on the Brewery garage doors across the street from the tent as soon as possible. Kiosks will also be available to check your time. The award ceremony will begin at approximately 1:45 pm, on the south side of the tent. Results will be posted on the Point Bock Run website shortly after the race's conclusion.

Door Prizes

Door prizes will be drawn prior to packet pickup. The door prize area will be clearly identified inside the tent near the registration area. Please check to see if your bib number was drawn when you pick up your packet.

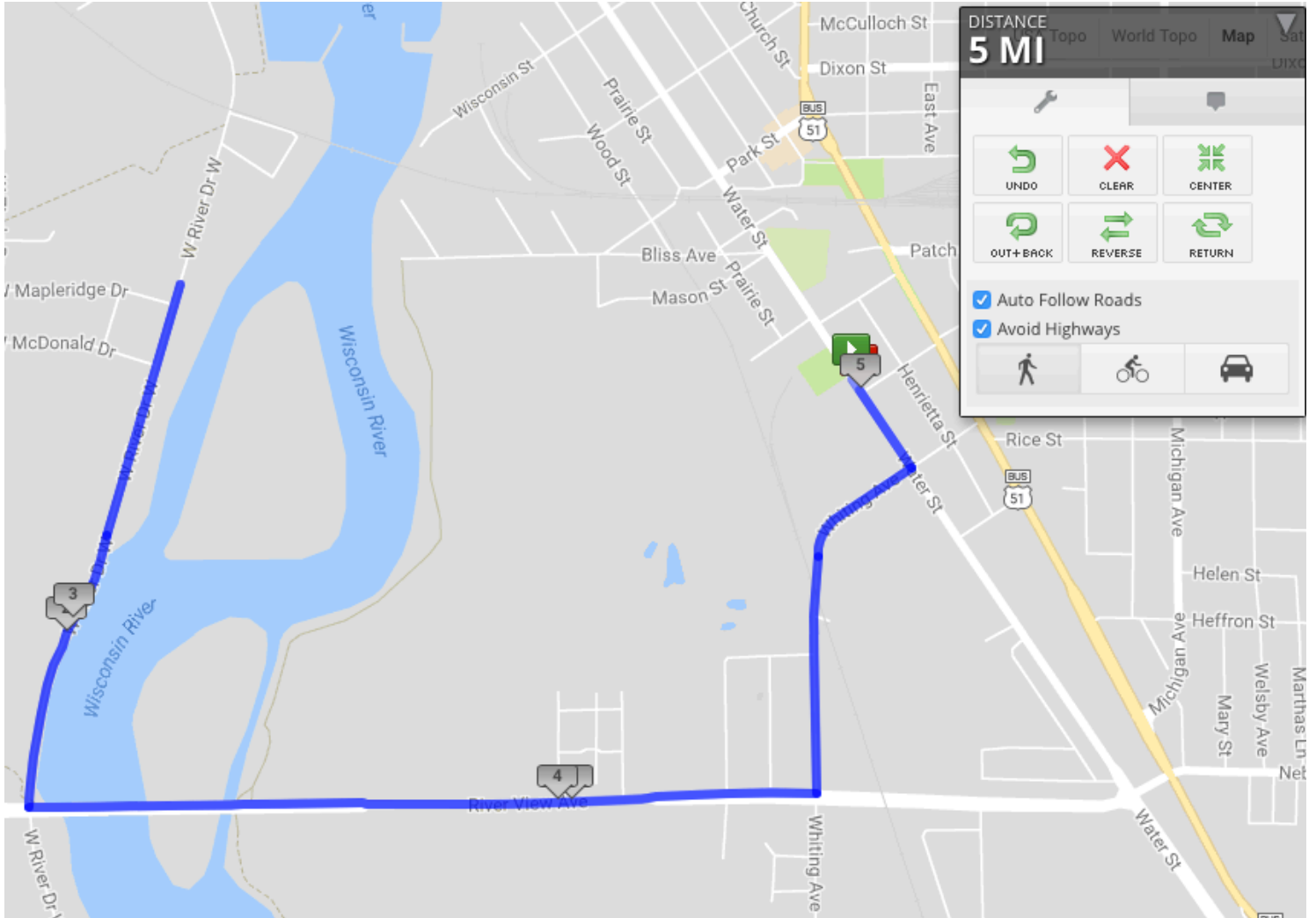
Medical Assistance

Medical assistance will be available at the finish line. Ice packs and band aids will be available in the tent alongside the door prize area.

Volunteers

The Point Bock Run has in excess of 100 volunteers. Please take a moment to tell them thanks for sharing their time and helping out.

Course Map



SUPPORT OUR SPONSORS!

