

RUNNER INFORMATION FOR THE TWISTED TRAILS 5K COLOR RUN

- We look forward to welcoming you to the Charity Challenge Twisted Trails 5K/1Mile Color Run and the beautiful Tamarack Lodge. If you are interested in taking a quick tour of the facilities to see what The Tamarack has to offer, just let us know!
- **PLEASE NOTE: YOU NEED NOT CHECK IN AT 8 AM! PLEASE ARRIVE 15-20 MINUTES PRIOR TO YOUR START TIME! PACKET PICK UP WILL BE ON RACE DAY!**
- The route is clearly marked. From the start, 5K Participants will follow the **yellow** arrow signs. At approximately half way, the markers will change to **white** arrows. Follow white arrows back to the finish. Each mile is marked at its completion point and the crisscross points are marked **1st pass and 2nd pass** to avoid confusion.
- The 1 Mile course is clearly marked with red arrows.
- Parking is free and very close to check in. Bag check and changing tents will be available.
- The small obstacles and 3 color stations along the route are completely your choice! You can **bypass** them if you choose without penalty. Route Marshals will be on hand to assist you. Due to recently relaxed COVID19 restrictions, the mud pit is dry and only 2 of the military style obstacles are in use – the Tire Maze and the Chain of Pain. Please refrain from climbing on the remaining obstacles! We hope to have them all back in service for next year's event!!
- Your start time will be written on your bib. The announcer will be calling each wave to the starting line according to bib color and start time so **be sure to listen for your wave**. Once each wave gathers at the start we will have a little "SHOW US YOUR COLORS BLAST OFF" just before the race begins – so, bring your individual color packets from your race kit to the starting line, wait for the announcer to count down to the COLOR BLAST OFF, then let it rip.
- Simply stand aside if you choose not to be colorized!
- THE AIR HORN WILL SIGNAL THE START OF THE RACE.
- ***This race is hand timed and self-recorded.*** If you are interested in having your time recorded, you must report to the self-recording station at the finish and follow the instructions there! The Bibs, the time keepers and the clipboards are all color coded – so listen for your "time of day" finish to be called out by the time keeper wearing your color once you cross the finish. The display clock will also be set to time of day as a visual confirmation. At the self-recording station, ***record your time next to your name (if you pre-registered) or record your name AND time next to your bib number (if you walked on) on the clipboard that corresponds to the color of your bib!***

- If you self-record your time on the clipboard, then your PRELIMINARY results will be available on our Facebook page by the next day and official results will be available later in the week. We will upload them to the RunSignUp website as soon as they are official. No adjustments will be accepted after 5 pm on Monday.
- **ALL** proceeds from the race will benefit 5 amazing local nonprofits. Thank you all for participating!
- A Tribute/Memorial Wall is located by the finish line to honor those who have served on the front lines, and also those who have been affected by or have lost their battle with COVID19. Bring a photo or decorate a heart to honor someone you love.
- There is also a flower heart there, sponsored by Big Y in Norwich. Place a red carnation in memory of a loved one or a white carnation to honor a survivor or essential worker!
- Raffle tickets, plain white tee shirts and individual color packets will be on sale at the “Get Your Gear” Station. Raffles will be drawn at 2:00 sharp. You need not be present to win.
- Photographers will be taking candid pictures throughout the day and also individual and team photos in front of the backdrop at the Charity Challenge Supply Trailer. Special thanks to Melissa Smey and her team from Lasting Image Photography and also to Colton Dempsy for providing this service! Photos will be available on our Facebook page as soon as the photographers are able to upload them! Like us while you are there: www.facebook.com/thecharitychallenge.net/photos/
- An awesome a la carte brunch is available for purchase today and our special guests are a Power Ranger and Super Girl!! A portion of the proceeds from the purchase of brunch will benefit “Calm Passions” an organization dedicated to helping children and families affected by autism.
- Drink plenty of water throughout the day!
- Be mindful of the terrain. The course is rugged so please watch your footing along the way!
- There are guests on the grounds of the beautiful Voluntown Peace Trust. Please be courteous and respectful of their stay.
- There will be feedback forms at the Rest and Refresh table – please take a moment to tell us how you liked our race and what we can do to improve!!