



## Welcome to Race Week!

There is just about a week left until you participate in the Race for Women's Wellness Half Marathon and 5K Run/Walk. In this email you will find important race information for the weekend. Please find us on Facebook for any important last minute race updates, or visit [itzevents.com](http://itzevents.com)

<https://www.facebook.com/raceforwomenswellness>

## Key Updates for Race Weekend

### Important Course Information

#### Aid Stations

There are aid stations to help you along the way, Locations of aid stations are approx. 1.2-1.5 miles apart.

Water Stations 3, 5, 7 and 9 will be supplied with water and Gatorade Water Stations 4 and 6 will be supplied with water and Energy gel Port-o-lets will be at aid stations 1, 2, 4, 5, 6, 7, 8 and 9.

Medical staff will available at aid stations 5, 8 and finish line.

#### PACKET PICK UP:

Runner's Depot CORAL SPRINGS STORE ONLY

5679 Coral Ridge Dr.  
Coral Springs, FL 33076  
(954) 575-2090

#### Thursday March 21st

PACKET PICK UP: 1-7PM

#### Friday March 22<sup>nd</sup>

PACKET PICK UP: 10am-6PM

You must show a government issued photo ID at time of packet pick up. Participants may have a friend or family member pick up their packet; however, they must have a copy of the participant's government issued photo ID (paper or electronic).

**\*\*Please note: NO STROLLERS will be allowed on the half marathon course. We will allow strollers on the 5K course ONLY. Roller skates, and skateboards will NOT be permitted.**

## **RACE DAY: Saturday March 23rd**

Coral Springs Tennis Center  
2575 Sportsplex Dr.  
Coral Springs, FL

**Half Marathon** Starts 6:00am (check-in time starts at 5:00am)

**5K** Registration opens (if spots available) 6:30am

One to One Fitness will be conducting a group stretch on showmobile:

approx.: 6:55am

**5K Race Start: 7:30am**

### **Awards Ceremony**

5K approx 9:00am

Half approx 9:30am

**NO DOGS ARE PERMITTED!**

## **Flag Warning System**

There will be a simple flag color system along the course to help warn participants of weather or course related problems.

**Green-** Everything is Normal

**Yellow-** The heat index is at a point that runners/walkers should slow down and drink plenty of water

**Red-** Dangerous weather. Runners and walkers should slow down and take plenty of water. Timing of the event has stopped and no awards will be given out at this time.

**Black-** race has been cancelled due to extreme weather or course emergency. Events such as lightening, tornado or human disaster have or are occurring and all participants need to seek shelter immediately.

**How do I know if the flag is changed?** There will be 2 short air horn blasts every 30 seconds at each mile marker to notify runners the flags have changed

## **EVENT WEEKEND PARKING!**

### **FREE PARKING!**

Huge field across the street from the Tennis Center  
2575 Sportsplex Drive  
Coral Springs, FL

### **Directions to event:**

Location  
Tennis Center  
2575 Sportsplex Drive  
Coral Springs, FL 33065

95 North or South to the Sawgrass  
Take Sawgrass North or South to Sample Road  
head East on Sample road to the very first light make a right on Sportsplex drive  
go down about .8 miles to the big open field where all parking will be taking place.

If you are a local resident you will NOT be permitted to get to the Tennis Center on Royal Palm. Royal Palm will be closed to traffic heading west. **PLEASE USE SAMPLE ROAD**

## **WE ARE ENCOURAGING CARPOOLING!**

### **Photography:**

Say Cheese, to help you remember your day at the Race for Women's Wellness our friends will be snapping away to capture your incredible achievement on film. Runners will be able to purchase their photos at [www.flashframe.io](http://www.flashframe.io)

### **Results:**

Participants can find their finishing times by visiting [www.accuchiptiming.com](http://www.accuchiptiming.com)

### **Vendors:**

We will also be featuring vendors on race day, so make sure you bring some cash.

The money raised through this event will be deposited into the Lisa Boccard Breast Cancer Fund. The mission of the Lisa Boccard Breast Cancer Fund is to provide funding for care that may otherwise be unattainable, for the women in our community to obtain screening mammograms.

Together we will have a great weekend and help save the lives of women in our community.

Thank You,  
Kelle Burke-Race Director

**Thank you to all our Sponsors:**

City of Coral Springs  
Broward Health Coral Springs  
Ciao  
Coldwell Bankers  
Lupin  
Boccard Homes & Kessler Construction  
Tijuana Taxi  
Funky Buddha  
All Star Recruiting  
Coral Springs Museum of the Arts  
PPG Paints  
Doris's Italian Market  
Ethos  
E3 Connections

**And all of our supporters and vendors:**

4 Rivers Smokehouse  
CSP Express/zMotion  
One to One Fitness-Kids Boot Camp  
Broward Fierce Fighters  
WOB Runclub  
Runner's Depot  
I9 Sports  
Weinberg & Company P.A.  
Civil Air Patrol- Coral Springs Cadet Squadron  
Coral Springs Fire Explorers  
Coral Springs Police Explorers  
AT&T  
Florida Panthers  
Dunkin Donuts  
First Monday Runclub  
Fort Lauderdale Triathletes  
F45 Training  
Dr. Allison DeSouza  
Carico  
Club Pilates  
Jimmy Johns  
Nothing Bundt Cakes  
Pure Edge Sports  
Greater Ft. Lauderdale Road Runners Club  
K-Love Radio  
Vitas