

THANKSGIVING POINT

TULIP
5K



SATURDAY, APRIL 24

RACE STARTS AT 7:30 AM

RUNNER'S GUIDE





WELCOME!

Welcome! On behalf of the race directors, and all of us at Thanksgiving Point, we would like to thank you for participating in our Tulip Festival 5k. We are excited to re-launch this race after not being able to host it last year. We are confident you and your families will be safe during this event and wish you the very best on race day.

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SAFETY INFORMATION AND COVID-19 PRECAUTIONS

The health and safety of our employees, volunteers, and runners are top of mind amid concerns about the spread of COVID-19. We are monitoring expert recommendations, including guidance from the CDC and advice of the federal, state, and local officials.

SOCIAL DISTANCING

- Masks are required by the state at events like the Tulip Festival 5k.
- A large queuing area will be available before the race to allow for social distancing between groups.
- We strongly encourage small groups.

THANKSGIVING POINT STAFF AND VOLUNTEER PRECAUTIONS

- Masks will be worn by volunteers and staff.
- Staff will go through a symptom check prior to packet pickup and race.
- Masks required in start/finish area.

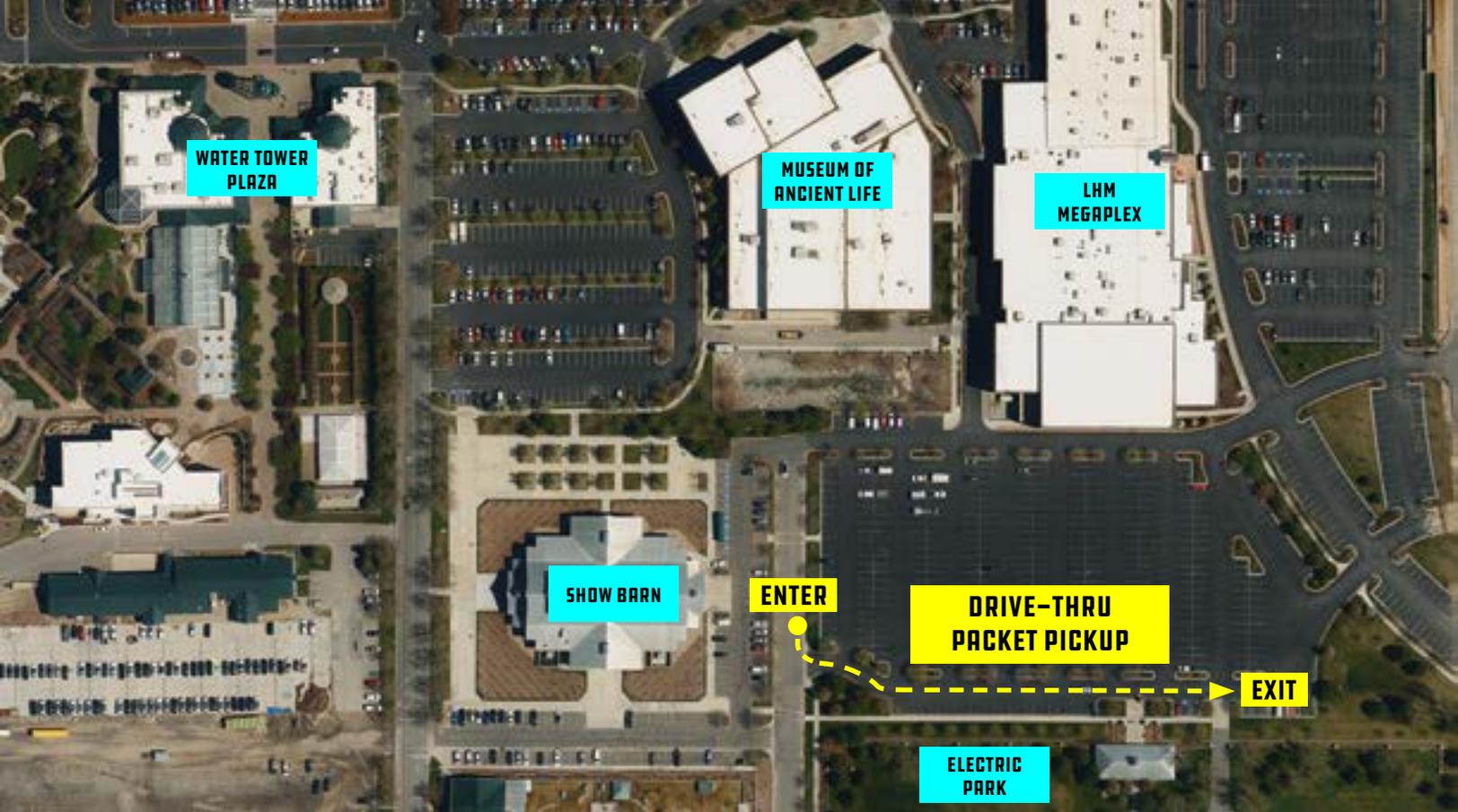
SANITATION

- Food at the finish line will be served individually.
- Cups at the aid station will be spaced out enough to ensure runners only touch their own cup.
- Hand sanitizer stations will be provided.
- Medals will be placed on a table individually for runners to grab.

ATTENDEES

- Stay home if you are sick or have any symptoms of COVID-19 or have recently traveled to high-risk areas.
- High-risk individuals should continue to follow stricter protocols and exercise all possible caution.

Your safety is important to us. We value our runners' training and time. We also understand the gravity of this health situation and we thank you for your continued support.



PACKET PICK-UP

Packet pick-up will be a drive thru on Friday, April 23rd at the East gatehouse at Electric Park. Packet pick-up hours will be 12 pm–8 pm

No day-of packet pickup is allowed.

You may pick up packets for other runners. Please have their full name and permission prior to doing so.

EACH 5K REGISTRANT WILL RECEIVE:

- Tulip Festival Race T-Shirt
- Tulip Festival 2021 Finisher's Medal (at finish line)
- Tulip Festival 2021 Bib

** Amid capacity issues, we are not able to offer Tulip Festival tickets for the Tulip Festival 5k participants.*



SCHEDULE OF EVENTS

SATURDAY, APRIL 24TH, 2021

RUNNERS ARRIVAL

6–7 am

OFFICIAL 5K START TIME

7:30 am | Thanksgiving Point Ashton Gardens Visitor Center

MUSIC & FESTIVITIES, INCLUDING A DJ

6:45 am – 9 am

AWARDS CEREMONY

8:30 am 5k main stage | Ashton Gardens

** Prizes will be given to the top three male/female finishers in each of the following divisions. Note that the awards ceremony will only feature the winners in the Open Division, and all awards in each age division will be mailed to the division winners.*



ADDITIONAL INFORMATION

PARKING

Garden Drive will close to any traffic access from 7:15 - 8 am.

Please arrive by 6:45 am to get warmed up and ready to run. This will help the race start on time and make sure all cars are parked. We are asking runners of the same household to please carpool.

Watch for parking attendants.

AID STATIONS

We wish to thank our numerous volunteers for their time and efforts in providing the following aid stations. Please be courteous and express your appreciation to this wonderful group of volunteers.

In addition to the finish area, the 5k will have one aid station at the half-way point stocked with water and Powerade in cups spaced out on a table.

Restrooms will also be available at the aid station.

SPECTATORS

We are mindful of the number of guests that will be at this event. For this reason, we are discouraging spectators. However, if spectators are coming have them ride in the same vehicle as you to help with our parking capacity. We ask that you keep groups small and maintain safe social distancing from other parties.



RACECOURSE DESCRIPTION

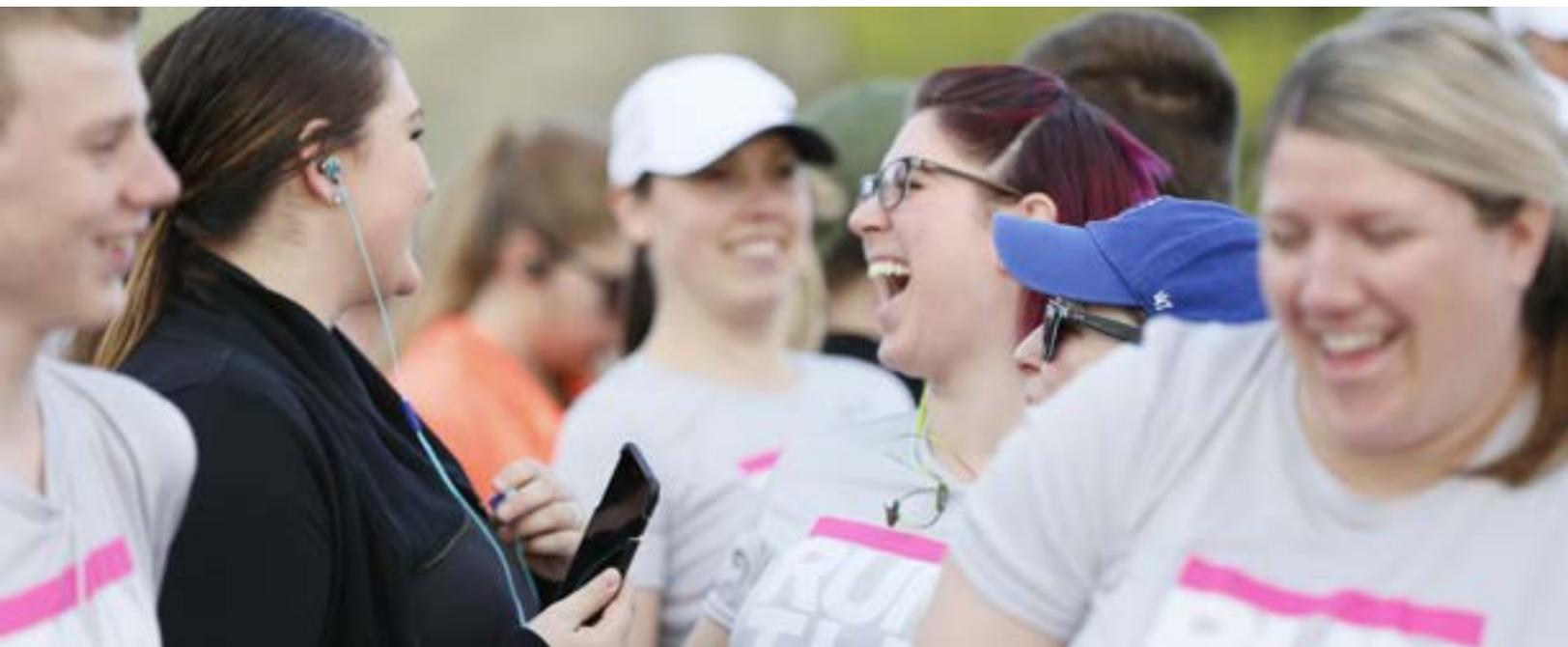
5K

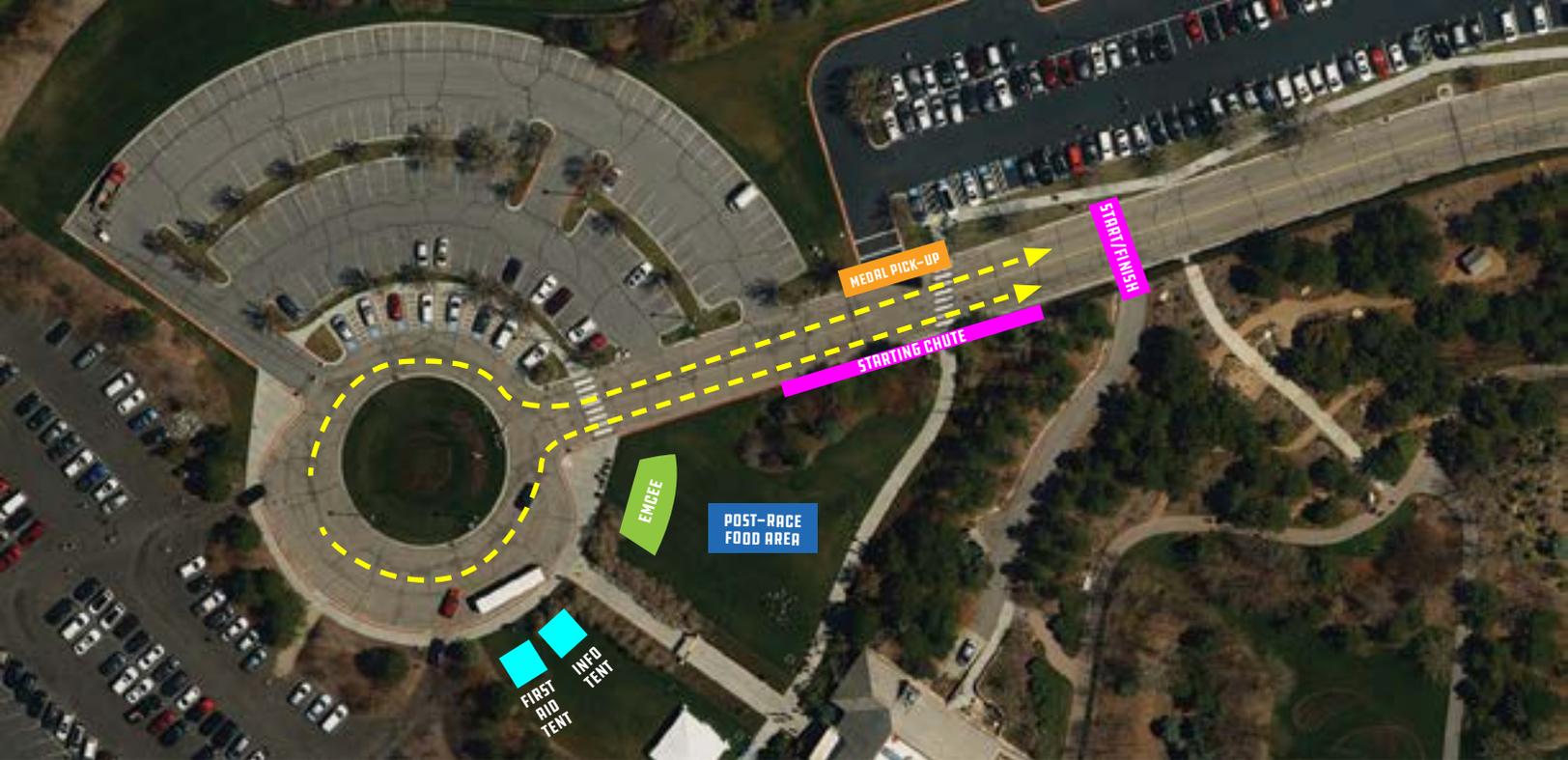
The 5k course starts and finishes at the Ashton Gardens Visitor Center. The course runs through the Ashton Gardens during our annual Tulip Festival.

*Strollers are allowed on the 5k course

Bikes, scooters, skateboards are **NOT allowed – participants must run/walk the course under their own power (excepting wheelchairs)

The Tulip Festival 5k is a chip timed event.





RACE START

- Masks are required in the starting chute
- Masks can be taken off once you pass the starting mat
- Please keep masks handy to put on in the finish area

RACE FINISH

- Masks are required in the finish area
- Runners will grab individually placed medals off table
- Food will be placed and ready to grab and go
- Provided drinks will be bottled water or Powerade
- Please grab desired items and exit the finish area
- Runners will be asked not to congregate in the finish area with the food
- You are welcome to spread out around the outer area of the race finish area



AWARDS AND DIVISIONS

Prizes will be given to the top three male/female finishers in each of the following divisions. Note that the awards ceremony will only feature the winners in the Open Division, and all awards in each age division will be mailed to the division winners.

OPEN DIVISION

- 1st Place Male/Female: Award + Thanksgiving Point Family Membership
- 2nd Place Male/Female: Award + Thanksgiving Point Family Membership
- 3rd Place Male/Female: Award + Thanksgiving Point Family Membership

ALL 5k finishers receive a custom finisher medal.

AGE DIVISIONS

11 & under	25-29	45-49	65-69
12-14	30-34	50-54	70+
15-19	35-39	55-59	
20-24	40-44	60-64	



CONTACT US:

Course Questions/Comments/Suggestions:

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Registration Questions/Issues Contact:

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Volunteer Information:

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Thanksgiving Point Institute is a 501(c)(3) nonprofit farm, garden, and museum complex that draws upon the natural world to cultivate transformative family learning.

One hundred percent of race proceeds will benefit Thanksgiving Point's mission and education programs. Thank you for your support.