

Hello athletes!!!

We are so excited that you are joining us for the emPowered OCR at Clipper Magazine Stadium (Home of the Lancaster Barnstormers) Friday, September 17th!

We know you have some questions so we will do the best we can to answer those here.

1. **Where do I go?** Registration will be just inside the main gates at the stadium (650 N. Prince St., Lancaster, PA). Parking will be available on-site in the front lot off of Prince St. and at the Heart Group. The rear lots will be closed for the event. Parking attendants will direct you where to go. Overflow will be in the back lot off Liberty St. Please do not park there unless directed. If you are able to carpool, please do so!

2. It is not too late to get your friends to sign up! Online registration is available, we will be accepting day-of/walk-up registrations via Run Sign Up. Save yourself some time and do it before you come! We have lots of options too! Open waves, competitive waves, run as a team, kids just \$15 (run it as a family!), awards for top 3 competitive males and females and top overall Masters division (50+). We even have a special award for the most festively dressed athlete... remember it is 1/2 way to St. Patrick's Day! 🍀

3. **COMPETITIVE WAVE ATHLETES - you have until Midnight Tuesday, September 14th to submit your 5k times (link in attached document).** All competitive rules are also in the document attached. Please reach out to Josh with any specific questions (march.josh@gmail.com).

4. **Start times** - the event officially kicks off at 5pm. We will begin with a benediction and the national anthem at 5pm. The first open wave will be sent out immediately after. The open waves will feature a rolling start, meaning that you can start whenever you like between the start of the event and 8:00pm. If certain times are busy, we may ask that you wait 5 minutes before starting. **As a reminder, the course will be cleared at 8:45pm regardless of where you are on the course.** If you expect the race to take you more than 45 minutes, please begin before 8pm. Competitive waves will begin at 9pm with 5 athletes per wave. **PLEASE NOTE THAT SUNSET IS AROUND 7PM SO WE HIGHLY ENCOURAGE YOU TO BRING A HEADLAMP!!!** A good portion of the race is outside of the stadium and it will be dark.

5. This is a chip timed event (timing service provided by 2L Race Services) so all participants will be able to see their time and how they finished compared to others regardless of start time.

All times will be posted on our website in the next few days. Registration will open at 4:15pm.
PLEASE DO NOT ARRIVE BEFORE 4:15 PM ON RACE DAY.

6. Waivers - If you did not register through Run Sign Up and sign the waiver electronically, please print the attached waiver and bring it with you the day of the event. Please have it signed and ready to go in order to streamline registration.

7. Spectators - spectators are welcome and there is no charge. HOWEVER, **please note that spectators MUST fill out the waiver.** Spectators are welcome anywhere along the course but MUST NOT INTERFERE WITH THE RACE OR ATHLETES. Any spectator who interferes with the race will be asked to leave and any athlete associated with such spectator may be asked to leave and disqualified. Please stay off the course. The festival area and awards area will be accessible to all spectators.

8. Festival area - the festival area and concessions will be located on the first base side of the concourse. You can hang out, enjoy the music, grab a bite to eat, play some games, and enjoy the day!

9. Back Check - bag check will be available for \$5 cash.

10. HAVE FUN! We can't wait to see you all on race day!

<https://www.empowertrainingsystems.com/empowered-ocr-at-clipper-magazine-stadium.html>