

1. Are headphones permitted?

We know you have probably trained with these buds in your ears, but for your safety, we are asking to please NOT wear them while participating in this race. Not all roads will be closed- the back/dirt roads will remain open for cars, and you need to be able to hear if they are coming up behind you.

2. Are strollers or pets allowed?

Sorry, for the safety of your fellow runners, strollers and pets are **not** allowed.

3. Do I need to have "trail shoes" for this race?

No, you do not need trail shoes! If you have them, we recommend you wear them, but it is not necessary.

4. Will there be a packet pick up, and can I pick up for a friend?

Yes, packet pick up will be on Saturday, November 11th from 10am – 2pm at Independence Oaks County Park at the Twin Chimneys Shelter. (9501 Sashabaw Rd, Village of Clarkston, MI 48348)
Yes, you can pick up a race-packet for a friend.

5. Where should I park?

Parking is available inside Independence Oaks Park. Look for directional signage and volunteers when you enter.

6. Is the race timed, and will I have to wear a chip on my shoe or ankle?

Yes, the race is timed with chronotrack and it will already be attached to your race bib! No worries on having to give it back to us after the race either! There will be chip timing, so your personal clock will start when you cross the timing pad at the start line. Newton Timing and Race Services will be the company timing the event. **Please note, it is illegal to wear a bib registered to another person. You will be disqualified and banned from any future High Five Races events if you are found wearing a bib that is not registered to your name.**

7. What is the sport drink?

We will be offering Gatorade, in addition to water, at all aid stations.

8. Will there be energy gel on the course?

Yes. Strawberry-banana and Vanilla PowerGel energy gel will be available near the 10 mile mark on the route. For the 5k & 10k runners and walkers, we figure you can make it 6.2 miles without needing any from us ☺

9. How far apart are the aid stations?

Aid stations are located approximately every 2.5 to 3 miles.

10. Are there bathrooms on the course?

Yes. There will be port-a-potties available on the course, and at the start line.

11. Is there a place to keep my gear and extra clothes during the race?

Yes, we will have gear check available for you near the start line. Please use the bag given to you at packet pick up. We will have volunteers watching your bags and keeping them safe while you run!

12. How long will the course be open?

The finish line will be open until 1:30 PM. This should give everyone plenty of time to finish!

13. Do I get a shirt?

Yes. All participants registered by October 20th will receive a long sleeve tech shirt at packet pick up. Sorry, no guarantees for those registering after October 20th! (including day of registration)

14. What do I receive when I finish?

Each half marathon, 10k & 5k finisher will receive a sweet medal at the finish line, along with a cold beer or cider- providing you are 21+, a warm bowl of Clarkston Union mac & cheese, live music and bonfires to warm up at.

15. Will there be post-race massages?

We're working on getting some there, and we're liking our chances of providing this for you again!

16. What are the award age groups and when are awards being given out?

Overall M/F, Masters M/F and top 3 in each division for the half marathon, 5k& 10k. Age groups are: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. Keep reading below for details on when we'll announce awards...

17. Where's the post-race celebration?

All of about 50 yards from the finish line! You'll hear the music as you cross the finish line, smell the roaring bonfires and see the beer tent. There is also a playscape in view for some of your youngest supporters to enjoy while you run and celebrate after.

18. You said Beer!! ...Will I need my ID at the post-race party to get a cold one?

Yes! You MUST show your ID with you to be served! If you don't want to run with it, leave it in your bag with us at gear check.

19. I'm not sure if you sweat when you run, but I do! Will there be a place to change into some dry clothes after the race so I can kick back and enjoy the post- race celebration?

Don't worry, we sweat quite a bit too, and know one of the first things you want to do is get out of those wet race clothes! There is space available in the shelter/bathroom area, so make sure to throw a dry shirt in your gear check bag!

20. When is the last day to register?

The last day to register on-line is November 9th by 7am. Registration will also be available in person at Packet Pick up on Saturday, November 11th providing there are still entries available. Cash or Check only please.

21. Where can I carb up the night before the race?

There are some amazing places to carb up around town. Some of our favorites:

Clarkston Union Bar and Kitchen
Union Woodshop
Joe Bologna Italian Restaurant
Mr. B's
Red Knapps
Andiamo's

21. I am coming from out of town and looking for a place to stay the night before. Do you have any suggestions:

We sure do- here are a few:
Holiday Inn Express Hotel and Suites (Auburn Hills)
Mill Pond Inn Bed and Breakfast (Clarkston)
Crowne Plaza (Auburn Hills)
Marriott (Auburn Hills)
Hampton Inn (Auburn Hills)

22. I registered for the half marathon, but now, due to a training setback, I'm only going to be able to do the 10k. Is event switching allowed and is there a fee?

Yes, we will allow you to change your race selection at packet pick up or on race morning. If you are switching up to the half marathon, you will need to pay the extra \$15.00. If you are switching down to the 10k, we're sorry, but there will not be a \$15 refund. (Same goes for the 5k)

23. What is the cancellation policy? Can I transfer my registration?

Sorry, there are no refunds for cancellations. You can transfer your registration to another individual for a \$20 fee. You must fill out the Transfer form and send your check or credit card number to:

High Five Races
123 Zeer Rd.
Clarkston, MI 48348

Your entry transfer must be Post Mark by November 1, 2017. After that date, changes will be meaningless.

24. I want a sneak peak of the route so I know where I'm going... do you have that available?

Follow this link for the route details: <http://www.clarkstonbackroadshalf.com/details.html>

Race Course Safety and Regulations:

- Please be considerate of your surroundings.
- Emergency vehicles have the right-of-way at all times. The police and traffic control volunteers have **YOUR** safety in mind, and deserve to be treated respectfully by runners and spectators alike.
- While some of the roads on the route will be closed for the entire race, most of the back roads will NOT be closed. These roads tend to be fairly quiet, but we know

there will inevitably be some cars out on Sunday morning. **Please stay to the right when running.**

- Be respectful of resident's property. Use the port-a-potties rather than private yards.
- Runners who have finished the race need to avoid interfering with runners approaching the finish line.
- **Please be kind and have fun!** Any disrespectful behavior to volunteers or race officials may lead to your disqualification or ban you from future High Five Races events.