HOBBLER GOBBLER THANKSGIVING DAY RUN 2016

                          PARTICIPANT INFORMATION

LOCATION:

Rio Rancho Aquatic Center

745 Loma Colorado NE

Rio Rancho, New Mexico 87124

EVENT SCHEDULE:

November 24, 2016

10K: 9:00 a.m.

5K: 9:15 a.m.

Kids K: 10:15 a.m.

PACKETPICK-UP:

*(Also walk-in registration location)*

New Balance Store

3731 Ellison Rd. NW

Albuquerque, NM 87114

Wednesday, November 23, 2016

Time: 11:00 AM to 3:00 PM

PLEASE NOTE: THERE IS RACE-DAY REGISTRATION; HOWEVER, ALL PRE- REGISTERED PARTICIPANTS MUST PICKUP THEIR EVENT PACKETS AT "PACKET PICK-UP."

If you are not able to pick up your packets in person at any of the above locations and times, you must make arrangements for a representative to pick up your packet. Any out of town participants may pick up their packet on race morning at the registration area located inside the Rio Rancho Aquatic Center.

**START:**

The Start is within a short distance from the finish (just west of the Rio Rancho Aquatic Center and Park. (approx....25 of a mile on Loma Colorado. front of Rio Rancho H.S. Performing Art Center.)

Note: Race Day Registration and Timing Chip Pickup will be located at the Rio Rancho Aquatic Center. NOTE: ALL PARTICIPANTS WHO WOULD LIKE TO BE ENTERED IN THE RESULTS AND BE ELIGIBLE FOR AWARDS MUST WEAR A TIMING CHIP. ALL TIMING CHIPS MUST BE LACED OR ZIP TIED TO THE SHOE USING THE ZIP TIE PROVIDED.

**PARKING:**

PLEASE USE DESIGNATED PARKING AREAS ONLY. DO NOT PARK ON ROADS. AVAILABLE PARKING AT RIO RANCHO AQUATIC CENTER, RIO RANCHO LIBRARY. JUST EAST OF R.R. AQUATIC CENTER AND PARK. JUST WEST OF R.R. AQUATIC CENTER.

**BATHROOM FACILITIES:**

Bathrooms are located in the Rio Rancho Aquatic Center

**START INFORMATION:**

Start location for the 10K, 5K and Gobbler Chase Kids K Event (Park) is located just west of the Rio Rancho Aquatic Center and Park -- approximately .25 of a mile west... in front of the Rio Rancho H.S. Performing Arts Center.

All races will start promptly at the designated times listed above. Allow plenty of time to get to the Start Line in order to seed yourself according to your projected pace time. If you are driving to the race plan to arrive early. See parking information above.

This race is a Gun Start with a Timing Chip finish. The "official time" will start when the gun/horn goes off. NOTE: ALL RACES WILL START ON TIME SO PLEASE BE AT THE START 10-15 MINUTES PRIOR TO THE START.

**Race (Bib) Number Requirements:**

Each participant will receive a Race (Bib) number that must be worn on race day. DO NOT alter your race number in any way. Your bib number must be visible and worn on the front outside of all clothing during the entire race so that it may be clearly seen. Bib numbers are nontransferable and MUST be worn by the runner to whom it is assigned.

**Can I run with iPod/headphones?**

Yes. USATF, the national governing body of the sport, amended its ban on headphones, iPods and similar devices.

**Can I run with my Garmin GPS or my Nike Plus device?**

Yes, participants may wear their Garmin GPS watches and/or Nike Plus devices. However, these items do not count as "second timing devices" and will not be recognized by the event as official times or distances.

**What is NOT allowed on the course?**

The use of video devices, cell phones, computers, cameras or any similar devices by participants in the event is prohibited. The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to: (a) authorized and registered competitive wheelchair participants; and (b) authorized course marshals on bicycles. Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled device will not be permitted.

**Do you have a Lost and Found in case I lose something at the Event or on the race course?**

Yes. We will have a Lost & Found for items that were lost and found on race day. If you are missing a personal item, please call: 505.217.4774.

**I am injured and/or cannot run the event (family commitment, work obligation, etc.). Can I get a refund, donate my entry or transfer my entry to someone else?**

No. Sale and/or transfer of race entry/bib are strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events. All entry fees are non-refundable and cannot be deferred toward a future event.

**If I provide medical documentation of my injury or pregnancy, will you give me a refund?**

No. Please refer to our official event rules and guidelines.

**Can I defer my entry to the next year if I am unable to run this year?**

No, participants cannot defer their entries to the next year in the event that they are unable to run.

**Can a friend pick up my packet for me if I cannot attend Packet Pickup?**

Yes. Your friend can pick up your packet for you.

 **What is not allowed on the course?**

For everyone's safety baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, and animals of any kind are prohibited from the course. Note: See information about “dogs” below. Strollers and baby joggers are permitted on the 5K course only. Strollers and baby joggers must start at the back of the pack and your child must be secured in the stroller at all times.

**Are baby strollers allowed in the Hobbler Gobbler?**

Yes, but only for the 5K. We ask that any baby strollers start the race at the back of the pack so as to not create any trip hazards for other participants when the race begins. Note: Your child must be secured in the stroller at all times.

 **Are dogs allowed?**

Yes! Dogs are allowed at the event so long as they are non-aggressive and well behaved, on a 6’ non-retractable style leash, and the owner must be in possession of materials to clean up after their pet. Note: No dogs permitted inside the Rio Rancho Aquatic Center.

**INCLEMENT WEATHER POLICY:**

Weather forecasts will be monitored prior to the event paying special attention to the possibility of heavy rain, thunder and lightning, high winds and extreme temperatures. If necessary, athletes will be made aware of these predictions on the RunFit website: [www.irunfit.org](http://www.irunfit.org/)so that participants can properly prepare for severe weather during the race as well as possible course alterations. Severe weather updates will also be sent to participants via email as necessary. The Race Director will monitor the weather and make a decision if any action will be taken to modify the race. Possible changes include: altering the start time for the race or in extreme situations, cancellation of the event. Please listen closely to all public address announcements at the starting line of the race. Visible lightning will cause the race to be postponed for a minimum of 15 minutes. Additional sightings will continue to delay the race in 15 minute increments. If extreme heat is predicted, extra water will be provided to the athletes, both prior to, during and after the event. The medical team will be alerted that athletes may require additional medical attention during and after the event due to the high temperatures.

**MEDICAL SUPPORT:**

Medical staff members will be ready to assist you at any time. Radio communications personnel will be positioned at every aid/water station along the course.

The event officials have the right to withdraw any runner from the race that appears in distress or at risk. If you have a health or medical problem at the Finish Line, you will be directed to the Medical Area. R.R. Aquatic Center. Please cooperate if you are asked to go for a checkup. If you feel that you need help at any point, please ask for it!

If you are unable to finish the race for any reason, please notify a race official of your bib number so that the medical personnel are aware.

**FINISH INFORMATION:**

The overall and division award winners will be announced at the Awards Ceremony on race day immediately following each event.

**10K:**

Overall prizes will be awarded to the top three men and women determined by gun time.

Age group prizes will be given to the top three finishers in the following categories for men and women: 15 and Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

Award times will be determined by gun time.

 **5K:**

Overall prizes will be awarded to the top three men and women determined by gun time.

Age group prizes will be given to the top three finishers in the following categories for men and women: 9 and Under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. Award times will be determined by gun time.

**GOBBLER CHASE KIDS K:**

All registered participants (12 and under) are eligible to participate in the RunFit Kids K. The start of the RunFit Kids K will begin at 10:15 in the Park just west of the R.R. Aquatic Center. All participants will receive a special recognition award at the finish.

**POST RACE:**

Post-Race refreshments will be held at the park.

**RESULTS**:

Results from the 10K and 5K events will be posted on the RunFit website: [www.irunfit.org](http://www.irunfit.org/).

**EVENT SPONSORS:**

NM Sports and Wellness, House of Bread, Por Vida Therapeutics, and New Balance Store

Review the Course and Support:

See course links below and decide where your family and friends can cheer you on when you most need the support.

There are fluid replacement stations on the course:

Water and Gatorade will also be provided for the 5K and 10K events: 5K: Mile 2

10K: Mile 2 & 4

**COURSE LINKS:**

COURSE MAP LINKS (MAP MY RUN):

5K: Link:

<http://www.mapmyrun.com/us/rio-rancho-nm/hobbler-gobbler-thansgiving-5k-run-route-11865118>

10K: Link:

<http://www.mapmyrun.com/us/rio-rancho-nm/hobbler-gobbler-thanksgiving-10k-run-route-11864516>

**VOLUNTEER INFORMATION:**

Volunteers are still needed to help! Please contact RunFit at: (505) 217-4774 to volunteer for race day or email: stephenpino@hotmail.com

**VOLUNTEERS:**

The Hobbler Gobbler is fortunate to have some of the friendliest and hardest-working volunteers around. Volunteers help us on race morning to ensure you feel welcomed, are fully informed and have a safe, successful and positive running experience, and more! When you have a chance, give a hearty,

fun-loving thanks!

**RACE QUESTIONS AND INFORMATION:**

RunFit

Phone:(505) 217-4774

Email:stephenpino@hotmail.com