

Race Information and Etiquette

Race Day Information

Schedule of Events on Race Day:

- 8:30 Packet pickup and race day registration begins - (Heritage Center east entrance)
- 9:30 URL Radio will begin broadcasting Christmas music from the Badlands Plaza (west patio) of the Heritage Center
- 9:45 Runners should be assembled on the Badlands Plaza for pre-race instructions and a group photo
- 9:50 Pre-race ceremony - Badlands Plaza
- 10:00 Race Start (Start and Finish on the Badlands Plaza)
- 11:00 (Or earlier, if the last walkers finish before 11) Closing Ceremony, finisher awards and door prizes (must be present to win)
- 11:30 Wrap up

Parking: You can park in either the east parking lot of the Heritage Center, the DOT lot north of the Heritage Center, or the visitor lot north west of the Heritage Center. For the safety of the runners and walkers, the access roads to the Capitol grounds will be blocked off during the run and will reopen after the run. There will be traffic control volunteers at each of the entrances. **IF YOU NEED TO LEAVE WHILE THE RACE IS STILL IN PROGRESS**, please be on the look out for runners and walkers, and obey traffic control volunteers if you are asked to wait. If you are parked in the east parking lot of the Heritage Center, you should exit by taking a right turn out of the parking lot on South Loop Road and proceed through the parking lot of the Water Commission and out to Boulevard Avenue by the exit on the southeast corner of the Capitol grounds. All other vehicles should exit via the North Loop Road and proceed to exit the Capitol grounds on the west side on to Fourth Street.

Packet Pickup: Near the east entrance to the Heritage Center beginning at 8:30 a.m. Packets arranged in alphabetical order by last name.

Bag Check: There will be a bag check available in the Heritage Center

Restrooms: There are restrooms available in the Heritage Center.

Course Route: A map of the course is available on the Event Info page of the BismarckSantaRun.com website.

Place Finish Awards: Awards will be given to the overall male and female winners and to the first place male and female finishers in each of the following age categories: 19 and under; 20-29; 30-39; 40-49; 50-59; and 60 and over.

Door Prizes: All race participants, elves, and volunteers are eligible to win door prizes! To win,

you must register by signing up and placing your name in the door prize box near the awards table in the atrium of the Heritage Center. The drawing will take place at approximately 11:20 a.m. and you must be present to win. Good luck!!!

Race Day Specifics and Etiquette

The Santa Run 5K run/walk will begin promptly at 10:00 a.m. from the Badlands Plaza (west patio) of the Heritage Center. Our goal is to have 500 Santas, plus an additional number of children, Elves, and Christmas Trees running. In the spirit of the holidays, please be mindful of, and courteous to, the other walkers and runners.

Packet pickup begins at 8:30 a.m. near the east entrance of the Heritage Center. By 9:45, you should assemble on the Badlands Plaza (west patio) of the Heritage Center for pre-race instructions and a group photo. Please pick up your packet early to allow you to get dressed and assemble on the Badlands Plaza by 9:45.

The race route is the same as last year's route, and a link to a map of the route is available on the Event Info page on the BismarckSantaRun.com website. The starting line is on the sidewalk near the northeast corner of the Capitol mall. As soon as the pre-race ceremony concludes, runners should line up from the starting line and back along the sidewalk toward the Badlands Plaza.

When you line up for the run, runners should line up at the front, with faster runners near the start line, and WALKERS SHOULD LINE UP BEHIND THE RUNNERS AND PARTICIPANTS WITH PETS OR STROLLERS SHOULD LINE UP BEHIND THE WALKERS. Walkers should first assemble on the Badlands Plaza. If there is a gap between the walkers and the end of the line of runners, you can move up to close the gap. Be courteous to other participants at the start. The sidewalk portion is quite short and then you will have room to spread out on the road around the Capitol Mall.

The Santa Run does not encourage or prohibit participants from running or walking with pets or strollers. However, for the safety of the participants and your pet, ANYONE RUNNING OR WALKING WITH PETS OR STROLLERS WILL NEED TO START BEHIND THE WALKERS and will need to remain at the rear until you exit the sidewalk and reach the road. Pets must be on a leash at all times and you must clean up after your pet. DOGS ARE NOT ALLOWED IN THE HERITAGE CENTER. There will be volunteers stationed at the east and west doors of the Heritage Center to hold your pet while you pick up your race packet.

All runners and walkers will loop the Capitol Mall one time in a clockwise direction at the start of the race. All walkers and persons with pets and strollers should walk on the right half (inside lane) of the mall loop.

The Santa Run is held the second Saturday of December so please be prepared for a winter run. Be careful and watch for ice or slippery spots on the trail. We will do our best to put ice melt on any icy spots, but you should always be aware of the possibility of ice on the trail, especially at curbs, driveways, and intersections and on the portion of the run along the recreation trail

between Fourth Street and State Street.

When you reach the south end of the mall loop after traveling around the perimeter of the Capitol grounds, you will go around the mall loop **ONE AND ONE HALF TIMES** in a clockwise direction and then finish at the edge of the Badlands Plaza by the Heritage Center.

When you cross the finish line, please stay in line long enough to allow the finish line volunteers to tear off the lower portion of your bib in the order that you finish. This allows us to accurately record your finish place. **DO NOT ENTER THE FINISH CHUTE AND CROSS THE FINISH LINE MORE THAN ONE TIME!!!** It makes it impossible for our timers to get accurate times and finishes if you cross the finish line more than once.

By participating in this run, each of you agrees to the waiver on the registration form:

Waiver: I know that running/walking a road race is a potentially hazardous activity. I assume all risks associated with participating in this event, including but not limited to: falls; contact with other participants or spectators; the effects of weather including cold temperatures; traffic or the conditions of the race course, including snow and ice; all such risks being known and appreciated by me. I hereby, for myself, my heirs, personal representatives, and anyone authorized to act on my behalf, waive and release the the North Dakota Association of Drug Court Professionals (NDADCP), Runners Against Destructive Decisions (RADD), and any other race officials, sponsors, donors, volunteers, and any other individuals or entities associated with this event from any and all claims or liabilities of any kind arising out of my participation in this event. I attest that I am in adequate health for this event and that I may be removed from the race if my health is endangered or I do not follow the rules of the event. I grant permission to the organizers of this event to use photographs or other record of me in this event for any legitimate purpose.

There are wonderful post-race treats and refreshments in the Heritage Center after the run. Please join us for treats and the post-race ceremony and awards. And remember to sign up for the door prizes to be given away after the awards ceremony!

Thank you all for registering and have a great and fun run or walk!!!