KAGW Golden Jubilee Couch to 5K Charity Run

Event Details

1) A registration fee of **$30.00** will be collected from each runner during registration.
    a. Includes finisher medal and dri-fit T-shirt
2) For kids aged less than or equal to 13, the registration for fun 1K run, is free.
    a. Includes finisher medal
3) A group registration of ten will get a discounted price of 250$. We cap at 10 for group registration.
    a. If a partial cancellation request is submitted for a group registration and group number drops below 10, individuals in the group will have to pay the full registration amount.
4) No cancellations/refunds will be entertained after May 18th 2025.
5) The registration should be completed and paid by **May 17th, 2025.** The payment can be made via **PayPal** at treasurer@kagw.com or Zelle to treasurer@kagw.com.
6) Registration includes:
    a. T shirt
    b. Finisher medal for those who finish the race
    c. Snacks and water
    d. Event entry
    e. 6 weeks of training and conditioning leading to the race
7) Registration link includes the waiver form.

8) Registration fee does not include parking fees. Great Falls park charges 20$ per car entrance fees. It is highly recommended to car pool to reduce the cost and number of cars.
9) Participants can choose from 5K run, 5K Walk or Kids fun 1K run.
10) The course is tentatively set to Great Falls Park at 11710 Macarthur Blvd, Potomac, MD 20854. Any change in venue will be communicated beforehand.
11) Six weeks of training will be provided at one location each in MD and VA starting from Saturday, April 19th.

Day of the Event:

12) Bibs and T shirts can be collected from the venue starting at 7.15 AM.
13) We will start the race exactly at 8 AM for the 5K run participants. The 5K walk is scheduled to begin ten minutes after the run, minimizing congestion and allowing runners a smooth start.
14) Maximum start time for event is 8.20 AM. Any start after that will not be considered for the timing.
15) We will have water/snack stations at halfway mark.
16) Start and finish points will be the same.
17) KAGW has a go green initiative. To reduce plastic usage please bring your own bottles. The water station will have paper cups for water.
18) General Etiquette:
    - Stay on the Right: Generally, runners should stay on the right side of the course, especially when there are multiple lanes, unless passing.
    - Passing: To pass, move to the left side of the course and give a clear indication to the runner you are about to pass.
    - Be Mindful of Others: Pay attention to your surroundings, and be aware of other runners, pedestrians, and any potential hazards on the course.
    - Avoid Blocking: Don't block other runners by running too close to the middle of the course or stopping unnecessarily.
    - Hydration and Aid Stations: When approaching an aid station, move to the side to grab your fluids and then continue forward, avoiding congestion.
    - Dispose of Cups Properly: Throw used cups to the side of the road, away from the course, and as close to an aid station as possible.
    - Finish Line Etiquette: Once you cross the finish line, keep moving forward and follow the instructions of race officials.
    - Respect Race Officials and Volunteers: Be courteous and respectful to race officials, volunteers, and other participants.