



Athlete Guide

Dear TRIMOM Athlete,

Race day is nearly here! We are excited to welcome you to the Hot On Yer' Heels Cranston Police & Fire 5K. This Athlete Guide is filled with the information you need to have an enjoyable experience.

The Hot On Yer' Heels 5K is a production of TRIMOM Productions, LLC. If you have questions that are not answered here or on the pages of our website (<http://www.trimomprod.com>) devoted to the Hot On Yer' Heels 5K, then feel free to send us an email at info@trimomprod.com.

An email will be sent if we need to communicate any last minute news or announcements, but we also invite you to become a fan of TRIMOM on [Facebook](#) where we'll post quick updates as we get closer to race day.

Kathy Robbins and the TRIMOM Staff

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Hot On Yer' Heels

The Hot on Yer' Heels 5K will be held on Sunday October 22nd
at Garden City Center!

The Kid's Fun Run will begin promptly at 9:30am
The 5K will begin at 9:45am

**From Route 95 North and South:
Take Exit 14 (Route 37 West)**

Exit at Route 2 North - Reservoir Avenue

Garden City Center is located 1/4 mile on the right

Please arrive as early as you can!
We open at 7:30am for race morning packet pickup!

Registration Pick-Up Times & Locations

There is no early pickup!

PACKET PICKUP Opportunity

Sunday October 22nd from 7:30am - 9:15am

Garden City Center - TRIMOM Registration
Tent

Registration Pick-Up Continued...

It is strongly encouraged that you pick up your race packet on Saturday as this will give you more time to prepare for racing on Sunday Morning. We have an experienced staff working registration; nonetheless, lines are expected on RACE MORNING. Arrive as close to 7:30am as possible on Sunday if you do plan to pick up your packet at that time!

Packet Pickup Concludes at 9:15am on Race MORNING!!!
After that time YOU WILL NOT BE ABLE TO PICK UP
YOUR PACKET! PLAN ACCORDINGLY !

RACE DAY INFORMATION

- **Parking:** *Parking is available at Garden City Center!! Please do not park in the race course.*
- **Race Morning Registration:** *Race Morning Packet Pickup is available from 7:30am to 9:15 am at Garden City in our main registration Tent. We strongly suggest that you pick up your packet on Friday or Saturday at New Balance in Garden City from 4pm to 6pm to avoid long registration lines on Sunday! You cannot pick up another athlete's packet without a signed USATF Waiver!*

WAIVER

- **Race Timing Information**

The Hot on Yer; Heels 5K race will be timed by The TRIMOM Timing Co. We utilize live athlete tracking! If your friends and family cannot make the event - share the link below and they can see when you cross the finish in real-time!!

HOT LIVE ATHLETE TRACKING!

The timing chip will be attached to the back of your race bib. Runners will receive their bib tag with their bib at registration. All times use official USATF Rules of "GUN TIME!"

- **Police/Park Rangers/Medical**

The Cranston Police will be located at major traffic intersections to help insure the safety of our athletes. Cranston Ambulances and Paramedics will be stationed in the main registration area in front of the mansion as well as on the race course.

- **Aid Stations**

Water will be available at the aid stations located at Miles 1 & 2, of the course as well as at the Start/finish Areas. Water, food, and restrooms will be provided at the start/finish area at the registration tent. Corner Bakery, will be open early for Coffee as well as Newport Creamery and Starbucks!

- **Individual Awards and Team Awards** *Top Three Man/Woman Top Three Age Groups
Men/Women (Under 13) (13-18) (19-29) (30-39) (40-49) (50-59) (60-69) (70+)*

RACE DAY INFO

***PLEASE BE ADVISED THAT USATF RULES PROHIBIT THE USE OF STROLLERS!

It is your responsibility to be familiar with the course!

Please review the...

[COURSE MAP](#)

Race results will be posted on the TRIMOM Site!

THE COURSE CONTINUED...

THE COURSE WILL BE MARKED
WITH



Large directional signs

There will be volunteers at all turns and crucial points on the course!

THANK YOU!

Thanks for coming out to support
this incredible cause!!

**I WANT TO
INSPIRE
PEOPLE.
I WANT SOMEONE TO
LOOK AT ME AND SAY
"BECAUSE OF YOU
I DIDN'T GIVE UP."**