

6:00PM

DECEMBER 19, 2020

# ATHLETE GUIDE



## ADDRESS OF EVENT

NATHAN BENDERSON PARK  
5851 Nathan Benderson Cir,  
Sarasota, FL 34235

## PACKET PICK UP

Early Packet Pick Up  
Friday 12/18 - 4:00-6:00PM  
Nathan Benderson Park

Race Day Packet Pick Up  
at event from 2:30-5:40PM

*\*Shirt sizes and styles are first come,  
first served.*

## RACE DAY

Pre-Race Instructions: 5:50PM  
National Anthem: 5:55PM  
Race Start: 6:00PM

## ELITE EVENTS TRACKER



FREE IN THE  
APP STORE

INFO | MAPS | TRACKING | RESULTS

*\*Don't forget to take lots of photos and screenshot your results for social media! Be sure to hashtag #runeliteevents & follow us @runeliteevents on Instagram and Facebook.*

## WHAT TO EXPECT

*A professionally produced, high quality athletic event... from start to finish!*

*When you arrive at packet pick up, you'll be assigned a bib number as you check in. Your bib number will have a timing chip attached to the back that will automatically keep track of your race time. Once the race starts, it will also allow spectators at the event or even friends and family at home to see your location on the course map of the free, easy to use Elite Events Tracker App! You do not need to carry a phone for live tracking to work.*

*After picking up your race bib, you will then proceed to the t-shirt table where you'll get to choose between a high quality colorful gender specific tech t-shirt or a soft cotton tank top.*

*Before the race, ample announcements will be made to warn you that the race is about to start. Lively music will get you feeling ready to run!*

*Once the gun goes off, you'll run over timing system mats a few different places on the course which will keep track of your time for that segment.*

*Water stops along the route will keep you hydrated and ready for a strong push to the finish!*

*Smile as you run down the home stretch because our official race photographer and videographers will be waiting to capture your final steps. Wear your huge finisher medal with pride and take a picture in front of the Elite Events backdrop! Your free race photos and finish video will be online in just a few days.*

*Once finished, you'll enjoy a variety of snacks and refreshments as you instantly view your results and split times via the free Elite Events Tracker App! Don't forget to check your friends' results too. You can even add them in your app before the race and receive Push Notifications to your Smart Watch or cell phone as you run.*

# PARKING

\$5 CASH per car will be charged by Nathan Benderson Park to park where the race starts and finishes.

# RESTROOMS

Plenty of indoor restrooms are located inside the park. On course restrooms are inside park buildings.

# FINISHER MEDAL AWARDS

All runners receive a finisher medal. There will be no awards ceremony this year.

# POST RACE SNACKS & REFRESHMENTS

For your safety, post race snacks will be limited to prepackaged items. Please supplement your post race snacks as necessary. Bananas, bagels and other porous foods will NOT be provided this year.

# PARTICIPANT TRACKING

The most user friendly participant tracking app in the running industry is included free.

- Step 1: Download the Elite Events Tracker App
  - Step 2: Click on the Event (Sarasota Glow Run)
  - Step 3: Search the name or bib of the participant/s
  - Step 4: Claim yourself and add other runners to track.
- That's it! It's super simple.

*Optional Steps...*

- Step 5: Runners can upload a photo that will be displayed in the results.
- Step 6: Share your profile so your friends and family can follow along race day.
- Step 7: Make sure "Push Notifications" are turned on so you receive messages when your claimed participants pass certain timing points.

# SHIRTS



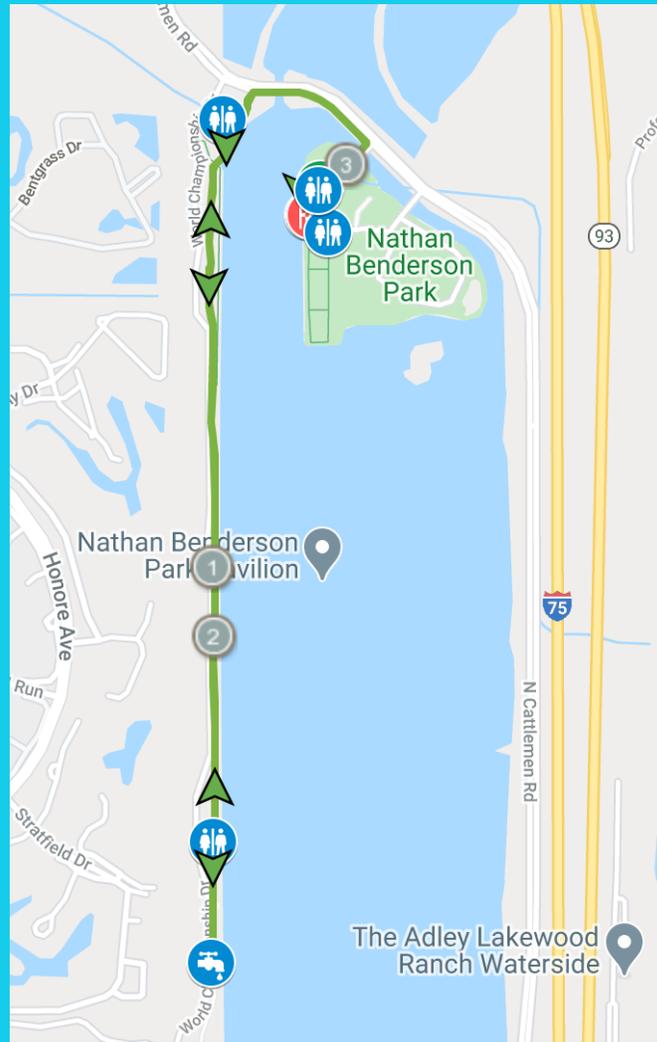
# FINISHER MEDALS



# TRACKING APP



# 5K COURSE MAP



## COURSE MAP FLYOVER

A turn by turn flyover is available on our Elite Events Youtube Channel.

