

6:00PM

DECEMBER 7, 2019

ATHLETE GUIDE



ADDRESS OF EVENT

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

PACKET PICK UP

Early Packet Pick Up
Friday 12/6 - 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
Awards to top 50 runners will be
handed out as they cross the finish.

ELITE EVENTS TRACKER



FREE DOWNLOAD
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 few different high quality colorful gender specific tech t-shirts or cotton tank tops.

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.

Several 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 "claim" 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 to park at Nathan Benderson Park where the race starts and finishes.

RESTROOMS

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

AWARDS

The top 50 runners will receive a mug award as they finish. All participants will receive a finisher medal.

POST RACE SNACKS & REFRESHMENTS

Elite Events have the largest variety of complimentary post race snacks and refreshments!

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 1 or multiple participants.

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



AWARDS



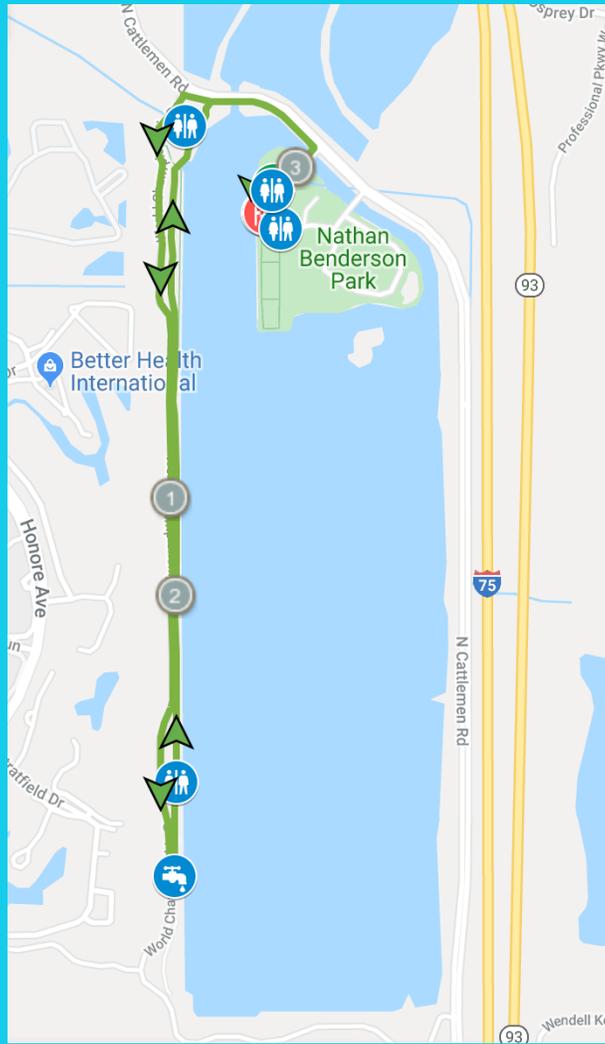
FINISHER MEDALS



TRACKING APP



5K COURSE MAP



COURSE MAP FLYOVER

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

