



What to Bring

- **Photo ID:** A valid photo ID is required to verify your registration. IDs are also required for the purchase of specialty beverages in Mountain Town Station.

What to Wear

- Running shoes
- Glow Gear: Wear your own glow gear such as bracelets, paint, necklaces, etc. With registration, you will receive these items as well.
- Optional: Hydration system filled with water

Parking

- Parking is free and is in close proximity to Island Park.
- Participant parking is located at City Hall at 320 W Broadway St., Isabella County Courthouse at 300 N. Main St., and all surrounding areas including parking lots and streets.

Check In

Arrive at least 30 minutes prior to event start

- **Day-of Registration:** Expecting a friend? Day-of registration is accepted, however we cannot guarantee all participant swag.
- **Check in:** Check in is located at Island Park just down the hill from the entrance to the park. All participants will receive their timing chip, official heat time and will be required to sign waiver. Timing chips must be returned at the end of the race to staff members at the finish line.
- **Start:** Race will start at 8:30pm. There will be 3 different pace staging areas: *7-8 minute mile*, *9-11 minute mile* and *12+ minute mile*. Participants will be released starting with the 7-8 minute mile participants.

Weather Policy

- Glow in the Park 5K is an outdoor weather event. In case of dangerous weather that affects the safety of participants or staff, Glow in the Park staff reserves the right to postpone or cancel the event. In the event of cancellation, there will be no refunds.

Spectators

- Are welcome! They can hang out at Island Park while you run or walk along race route to cheer you on! The finish area is the same as start and is a perfect place for spectators to congratulate racers!

Before, During & After the Event

- **Event Questions:** Can be answered at the registration table located in Island Park. There will also be volunteers throughout the event that can help in providing important information.
- **Restrooms:** Located within Island Park.
- **SWAG:** Participant swag will be provided at check-in. Swag includes:
 - Glow in the Park T-shirt
 - Cool glow attire including bracelets and necklaces!
 - Additional promotional items
- **Lost & Found:** All lost and found will be located at the Registration table in Mountain Town Station. All items not claimed will be brought to City Hall – 320 W. Broadway, Mt Pleasant, MI 48858. Phone number: 989-779-5331.

Refund Policy

- In the event that a participant would like to withdraw from race, a full refund will be awarded if Man vs Mountain staff are notified by August 26, 2016. No refunds will be processed after this date.