

2018 Griswold Sunflower 6K

Frequently Asked Questions

Location:

Buttonwoods Farm, 473 Shetucket Tpke. Griswold, CT 06351

Date:

Sunday, August 5, 2018

Time:

9 am start

Bib pick up:

Saturday, August 4, 2018 at the Youth Center or day of starting at 7:30 a.m.

Benefitting the Make a Wish CT Foundation and the Griswold Parks and Rec Department Parks.

Registration

1. When does registration open? February 1st, 2018
2. How many spots are available? 800
3. If I can't run, can I defer or transfer my registration? Yes, for a small \$10 fee by 8/1. We purchase the medals, supplies, t-shirts, etc. for the race THIS year but we understand life, injury and such happen.
4. Is there race day registration? No

Course and Timing

5. What kind of timing is used? Our timer is The Last Mile Racing and we use double mat CHIP timing.
6. Is the course certified? Nah. We haven't had a request for that.
7. What is the course like? Course Description? It is a beautiful, yet somewhat hilly **6K** race that finishes in a field of sunflowers at Buttonwood Farm. Please see the course map and elevation map for the technical details.
8. Is the course closed? We partially close down parts of the course. Griswold Fire Department directs traffic at major intersections.
9. Is the race open to walkers? Yes. It is a beautiful walk!
10. Can kids run the race? Absolutely! We love running kids! If your child is running, please make sure to have them start towards the middle, back of the pack and explain that sudden stops if they need to walk are not okay. If they need to take a walk break have them look first then move to the side course. We encourage runners to be on the lookout for kids during the race.
11. Is there a kids' race? Yes, there is a FREE kids' (10 & under) race through the Sunflower loop at 8:30 am. They will receive a sunflower. There are no bibs and it is untimed. We encourage kids to run with their adult. Just show up at the starting line the day of.
12. Is there a time limit on the course? There is no official time limit. We plan to reopen the course as the last walkers complete each section. Last year that meant that the course was completely re-opened within 1 hour and 15 minutes.
13. Are strollers allowed? Yes. Please make sure to be careful of other runners. Please also note that the finish is in a field.

14. Are headphones allowed? Yes. Please make sure the volume is at a safe level.
15. Do you have pacers? For a 6K? Yes, we do. If you have never used a pacer before and want to hit a goal time, this is the PERFECT way to do it. Look for the runner holding pacer signs prior to the race. They are excellent at helping you achieve your goals.
16. Is there a photographer? YES! And the photos are GORGEOUS! We have the perfect setting. Check out our Facebook page to see photos from last year.

Awards

17. Are there finisher medals? Yes! New this year! We have a finisher's medal for EVERY participant. It is beautiful! It is beautiful bling.
18. Are there age group awards? Yes! We will have the following categories in both the male and female divisions: *Kids (9& under) Junior (10-13), High School (14-18) Open (19-29) Sub-Master (30-39) Master (40-49) Grand-Master (50-59) Veterans (60-69) 70-79, 80+*
19. Where can I find the post-race results? We will post them at the race. Final results will be also on the Last Mile, LLC website, our Facebook page and emailed directly to the email you used to register.
20. What if I can't stick around for awards, will you mail them to me? Contact Melissa and she will work it out with you.

Logistics

21. Is there a race hotel? We recommend the AmericINN. Check back for a list of hotels in the area.
22. Is there bag check? No. The parking area is located directly next to the start and finish line.
23. Where do I park? Parking is in the field located directly next to the race start and finish line.
24. Are there bathrooms? There are porta potties. Last year we had more than 8 at Buttonwoods. Some are located near the ice cream shop and some at the Registration area.
25. Is there water on the course? Yes. There are two water stops.

Sponsors/ Volunteers/ Contact

26. I only run when chased by zombies, can I volunteer? YES! YES! YES! We love volunteers! Contact Jay or Melissa
27. Can I sponsor the race? Our love for sponsors is equal to volunteers. We love them both. There is no favorite. Click here for sponsorship levels.
28. How much of the proceeds go to charity? All of them. We pay our expenses (such as water, medals, t-shirts, timing, bibs, etc). We split the net proceeds 50%/ 50% with Make A Wish CT and a committee chosen charity. This year the local charity is the Griswold Splash Pad.
29. Do the race directors get paid? Nope. We are volunteers. We just love running and helping. Our spouses are incredibly understanding.
30. Do we pay for the facility? NO! Buttonwoods Farm Ice Cream stand donates the space. This race would not exist without their generosity.
31. That is a pretty long list of questions but I have more questions. Who do I contact? You can contact Melissa at 860-287-2861 mlwooten17@gmail.com or Jay at 860-857-8300 at jlrainier@msn.com