

Thanks for pre-registering online for **2018 Sweetheart Run** on Saturday February 17, 2018.

Please take a moment to read this email as it contains important race information.

Race location: Fleet Feet Blue Dome, 2nd and Frankfort Avenue in downtown Tulsa (418 E. 2nd Street)

Packets can be picked up in advance through Friday, February 16, 2018. Pick up at the store you indicated when you registered. Packets can be picked up as follows:

Tuesday, 2/13/18 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Wednesday, 2/14/18 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Thursday, 2/15/18 10am - 7:30pm (KingsPointe Village); 11am - 7pm (Blue Dome and Broken Arrow)

Friday, 2/16/18 10am - 7pm (all three locations)

Packets can also be picked up on race day beginning at 7:00 am. Packets will be located in the tent in the back parking lot of Fleet Feet Blue Dome (2nd and Frankfort)

Finisher Medals:

For 2018 both the 5k and 10k medals have neck ribbons, with the 5k having a removable ribbon if you double and want to connect to the 10k piece. The two medals interlock – so if you do both the 5k and 10k you can insert the 5k medallion into the 10k medal to form a new DOUBLER medal.

You will receive your finisher medals as you cross the finish line of each race. 5k participants and DOUBLERS will receive the 5k medal at the finish of the 5k, while 10k participants and DOUBLERS will receive the 10k medal with neck ribbon at the finish of the 10k. Note that all races are expected to SELL OUT, meaning we have no extra medals. So please take the correct medal based on your race as you finish.

Timing:

For the timed races (5 km and 10 km) your bib is affixed with a timing tag on the back. Just wear your bib on the front **OUTSIDE** of your clothing. **IMPORTANT: If you are in the DOUBLE, you will wear the same race number/timing tag for both races!** Do not remove the race number between races.

Wear your race number on the front of your body! This is very important as our second back-up timing method requires us to see your race number. Do not cover your race number and do not wear it on your back!

The Fun Run is not timed.

Race Start Times:

5 KM: 7:45 am (2 minute early start for Ainsley's Angels running team)

10 KM: 8:30 am (2 minute early start for Ainsley's Angels running team)

1 KM Fun Run & Walk: 8:35am

Click here to view the course map: http://files.www.fleetfeetusa.com/races/sweetheart-race-2016/certified_course_maps.pdf

If you are in the 10k, please stay clear of the FINISH LINE as you line up for the start of your race. The FINISH LINE will be active as the 5 km will be underway. If you are a DOUBLER and will finish the 5 km in more than 45

minutes, once you finish the 5km proceed to the start line to begin the 10 km. Note the 10 km will start 45 minutes after the 5km starts.

Parking: There is free parking on the street near the store. Lots near McNellie's north of 1st Street are free to park in. Most other lots in and around the start/finish line are pay. This is a large race with nearly 2000 participants. So arrive early to find a parking spot.

Post-Race Details:

Beer: Enjoy post-race adult beverages by showing your race number (please bring your ID if you wish to have an adult beverage in order to receive an over 21 wristband). Beer provided by Marshall's Brewing!

Food: We will be cooking pancakes, as is the tradition for the Sweetheart Run! The pancake breakfast will be in the back parking lot.

Coffee: Scooter's Coffee will be on-site selling great coffee pre- and post-race for just \$1.00 a cup! Look for them in the back parking lot.



Entertainment: Enjoy music played by our DJ in the back parking lot after the race.

Volunteers: We could use a few more volunteers for these tasks: race day set-up, race day registration, and beer tent. Note that beer tent volunteers are allowed to "sample". Sign up here:

<https://runsignup.com/Race/Volunteer/OK/Tulsa/SweetheartRun>

Awards: Since many 5k participants are also Doubling in the 10k, we will do only one awards ceremony, after the 10k. Overall and age group awards for the 5k and 10k and overall awards for the Double and couples categories will be at the DJ booth in the back parking lot at 10:15 am. If you only participate in the 5km, age group awards will be available for pickup at the awards tent in the back parking lot once results are final for the 5k. Here is a summary of awards that will be presented at 10:15 am:

5k, first place male and first place female

5k age groups, Clydesdale's, Athena's, race walkers, top 3 in each division

10k, first place male and first place female

10k age groups, Clydesdale's, Athena's, race walkers, top 3 in each division

DOUBLE, first place male and first place female

5k Couples – First place team

10k Couples – First place team

DOUBLE Couples – First place team

Race Results: Printed listings of age group winners will be posted in the back parking lot. During the race results will be posted online; visit www.fleetfeettulsa.com for results on race day.

SALE: Special Sweetheart Run Sale and Specials! We will have several great sales and specials at Fleet Feet Blue Dome on Saturday, including some deep discounted items. A special sale area will be set up in the back parking lot. We currently have two specials running:

- All Anita sports bras are 40% off
- Now through the end of February, when you purchase a full-priced shoe at any of our stores, you'll receive a card for our Apparel Special Offer! You'll have 7 days from the date of your shoe purchase to save 15% OFF on tops, bottoms, and underwear (including sports bras)! If you're getting a great pair of shoes, why not get some great apparel too? Some restrictions apply. Ask one of our trained FIT Professionals for more details.

Finally, we have a special just for you – save \$5.00 off every \$50.00 spent by just showing your race number!

**FLEET FEET
Sports**
TULSA | BROKEN ARROW

Show your race bib
at any of our three stores and receive
\$5 off every \$50 spent!



Offer good on all in-stock items - including sale apparel.
Offer **can** be combined with other offers
- including Apparel Special Offer and Anita Sale.
Offer not valid on special orders or E-commerce orders.
Offer not valid on gift cards, races, or training programs.
Offer valid from **February 13, 2018 - February 28, 2018**.
Must present your race bib in order to receive this offer.

Good only once - so gear up!