



Thank you for registering for the **2025 YMCA Firecracker 5K Run/Walk** or **10K Run**. Here are some **important details** to know about the event:

1. The run starts and ends on the **Greenway downtown GF**, kitty corner from Town Square (1 S 3<sup>rd</sup> St) at **8:00 am** sharp, with the Kiddie Run to follow. (see map)
2. Time limit is **90 minutes** max. 10K is for runners only. 5K/10K will end at 9:30 am.
3. \*\*\*Please plan on picking up your bib and t-shirt at **See Dick Run (28 S 3<sup>rd</sup> St)** between **4:00 and 7:00 pm on Thursday, July 3<sup>rd</sup>**. Enter through 3<sup>rd</sup> Street doors. This is highly recommended! \*\*\*
4. Bibs will be outfitted with electronic chips for timing. Please wear your bib on your **chest where it is clearly visible**.
5. Limited race day registration will be available at See Dick Run on Friday, July 4<sup>th</sup> between 6:30 and 7:30 am.
6. Three porta **potties** and a hand wash station will be stationed at the start/finish area, PLUS the **Riverside Park restrooms** will be open for use.
7. Two **water stops** are on the route: 1<sup>st</sup> one just before Riverside Pool / 2<sup>nd</sup> one on the EGF side before the Kennedy Bridge.
8. Water, Gatorade, bananas and snacks will be available at the start/finish areas.
9. Children who run the **Kiddie Run** will receive a ribbon and a Kiddie Bag full of patriotic goodies.
10. 10K runners and 5K walkers/runners will start in front of the pack, followed by parents with strollers, and dog walkers.
11. The **5K turnaround** is just North of the Riverside Park/Pool. The **10K turnaround** is right before the Kennedy Bridge. (5K=3.1 miles / 10K = 6.2 miles)
12. If you are walking or running with your **dog**, please come prepared to clean up after it. Make sure your furry friend does his/her business away from the running path.
13. Bring sunscreen, bug spray, hat, water, etc., as you see fit.
14. In the unfortunate case of race **cancellation due to safety concerns**, you will be notified by **EMAIL**. We will also put a message on our voice mail at the Y. Registration fees are non-refundable.
15. Please feel free to wear your new Firecracker t-shirt and/or your favorite patriotic outfit!
16. Contact Patti at: [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org)
17. Contact Richard at: [dick@rundick.com](mailto:dick@rundick.com)

