



Friends & Family 5K

Frequently Asked Questions

When is it? The 15th annual Friends and Family 5K is Saturday, September 21, 2019.

How are funds used that are raised in the event? Money raised in this event supports education by funding the **Mary Anne Graney Memorial Scholarship** open to students in Genesee and Orleans Counties. Funds also benefit programs and services provided by Arc of Genesee Orleans for children and adults with intellectual or developmental disabilities and their families.

Where is it? The home base for our event is the Arc of Genesee Orleans Day Habilitation Center on Barrville Road in Elba.

I am not a runner. Can I participate? If you don't want to run the route, you can walk it. We also have a shorter 1½ mile fun walk route.

How much does it cost? Preregistration cost is \$20 for the 5K and \$15 for the Fun Walk plus a small processing charge if you register online. Rates increase by \$5.00 when pre-registration closes and for walk-ins on race day.

What if I just want to come and cheer on a friend or family member? We have an awesome post party that all of the event participants are invited to. If you want to come to the post party, the post party only cost is \$5.00. You can either pay ahead of time, or that morning before the race kicks off.

What's the course like? We have a certified route, featuring an out and back course. The link to the official route map is: <http://www.usatf.org/events/courses/maps/showMap.asp?courseID=NY18103KL>. Past participants will notice the start line has been moved up closer to the front of the building. This means the turn-around is extended slightly. See the map for details. The good news about the new start line location is that all of the 5K AND fun walk participants will start at the same place!

Is your race timed? Yes, our official timer is PCR Timing Service of East Rochester. They have been our official timer since our event was founded in 2005.

What do you do to ensure safety along the route? Safety is our #1 priority. The Genesee County Sheriff's Department, the Town of Elba Highway Superintendent and fire police are instrumental in assisting with road closure. We invite Mercy EMS to be on standby and have volunteers along the route. Additionally, we send out letters to neighbors in advance of the event to remind them of our date, so they can anticipate a one hour road closure. The Elba community has been very welcoming and many neighbors participate!

Wasn't your 5K originally in Batavia? Great question! It was. Due to two consecutive years of planned road construction near our Batavia route, we moved to Elba in 2008. It was our best decision ever, because along with the country location, we incorporated a country theme. In 2017 our event merged with the former Arc of Orleans/Terri Carr Krieger Memorial 5K. In Terri's honor, we have a special sponsor level. Terri was a beloved Orleans Staff Member who passed away in 1997.

Are you still accepting sponsors? Absolutely! Sponsors between \$100.00 and \$1,000.00 or above are included on our Race t-shirt if received by the August 27th t-shirt cut-off date. We also have \$25.00 Friends & Family and \$50 Neighbor-to-Neighbor Sponsorships. For more information on sponsorships, please call Race Director Sandy Konfederath at 585-343-4203 ext. 223 or email her at skonfederath@arcgo.org

If you have another question about our 5K, please contact Sandy Konfederath and she will be happy to answer it! Her email is skonfederath@arcgo.org and phone number is 585-343-4203 ext. 223.

THANK YOU!