

## DICKEN RUN 5K



Sunday, October 13<sup>th</sup> 2019

2135 Runnymede Blvd, Ann Arbor, MI 48103

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## **MISSION**

Every fall Dicken Elementary School holds the Dicken Dash for students K-5 held during the school day. This event helps to raise funds for Dicken Elementary School. The Dicken Run 5k would take place the weekend after the Dicken Dash and would be an opportunity for families and friends to also participate in an event to help raise additional fund for Dicken Elementary School. Proceeds from the Dicken Run will go to the Dicken Elementary School PTO and the Ann Arbor Public Schools Fine Arts Department.

## **COMMUNITY SUPPORT**

Over the past year we have been asking Dicken residence for their opinion on the Dicken Run. We have thankfully received overwhelming support for this neighborhood event. The most recent poll we put out on Dicken Nextdoor confirmed what we have been hearing. See poll results below. We recently reached out to Don Wortman with the Friends of Greenview & Pioneer Nature Area and he sees no issues with having the event in the neighborhood.



Stephen Weinberg, Dicken 



### Poll: Fall 5k on the streets of Dicken?

Hi Dicken-ites (is that a thing? It should be!). You may have seen posts from me about running in and around Dicken. I'm a parent organizer of our elementary student Run Club and also co-chair of the Dicken Dash fundraiser (a run-a-thon on school property).

We're interested in starting up a Fall 5k that would coincide with the Dicken Dash on the Sunday following the event in the morning. We've got great support from Ann Arbor Running Company since co-owner Nick Stanko lives here and his family attended Dicken Elementary.

We've mapped out a course that is entirely in Dicken, does not cross any major streets (Stadium, Scio, Greenview) allows for partial access during the race .. and the race would pretty much be clear of all streets in an hour and a half.

The race would support both Dicken School and another "yet-to-be-determined" APPS arts program... and would hopefully become an annual event like the Burns Park Run.

How many of you would like to see this happen in Dicken this Fall?

Choose one:

- Yes, this is a good idea and I would support it 98%
- No, this is not a good idea and I wouldn't support it 1%

[Vote](#)

92 votes

3 Apr · Dicken



## TIME TABLE

### Race Day

- 7:00am – Arrive to set up day of registration, food, start/finish, etc.
- 8:00am – Soft closing of streets. Begin closing down streets with cones and volunteers
- 8:45am – Course set-up completed
- 8:56am – 5k start
- 10:00am – Last runners/walkers finishing
- 10:15am – Awards
- 11:00am – Clean-up
- 12:00pm – Done

## **NOTIFICATIONS**

We plan to distribute a flyer to all Dicken residents a month before the event to notify them of street closures and how they can participate/volunteer.

Dicken Nextdoor (1194 residents). We will communicate additional information to those who use this website.

Ann Arbor Running Company. Will help to spread the word to the general Ann Arbor running community.

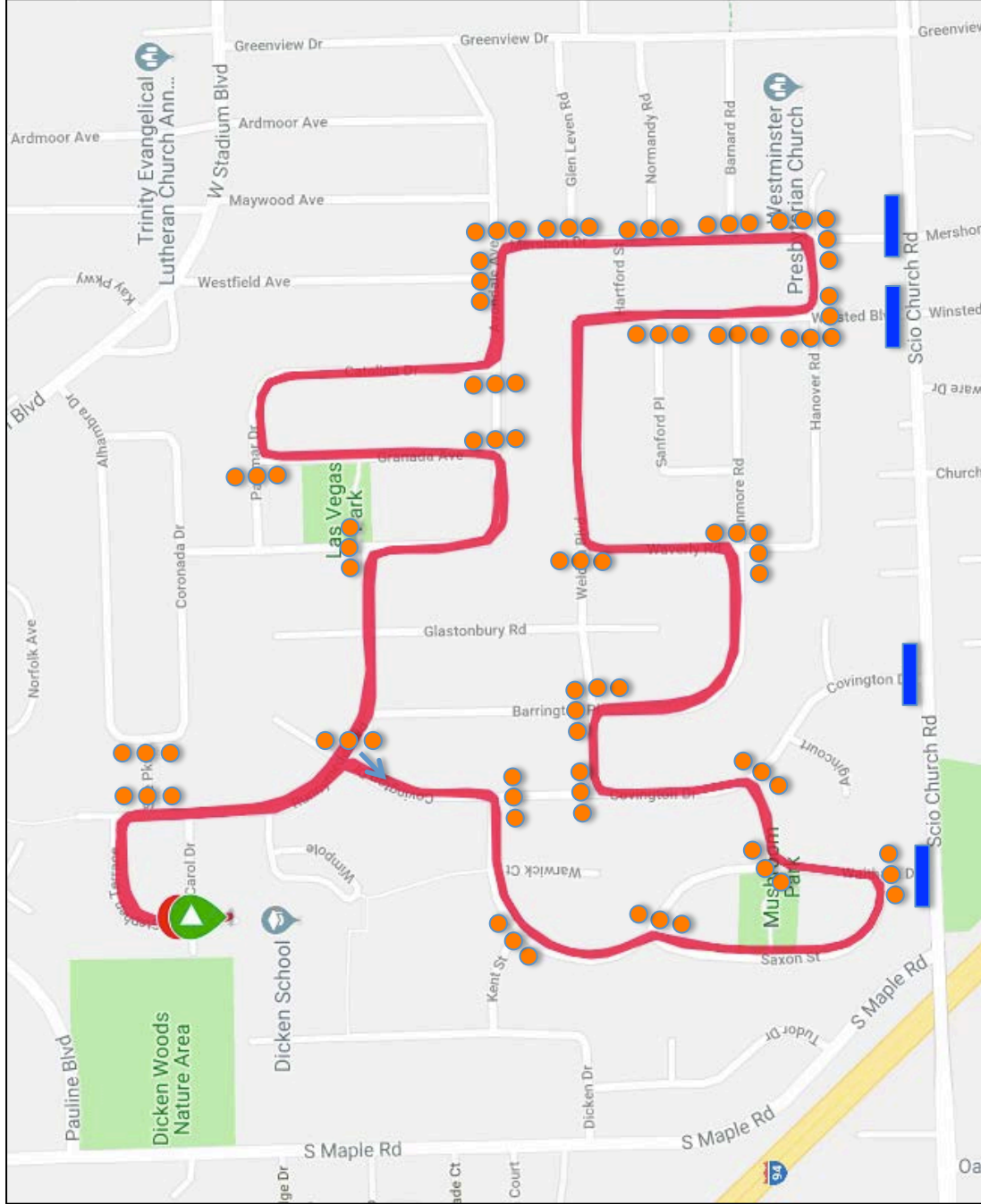
Dicken PTO. Will notify parents at Dicken Elementary of the event and keep them up to date.

## **COURSE MAP**

The Dicken Run 5k course will take place within the Dicken neighborhood. The route will not cross any major streets and is set-up to minimize the impact on residents as much as possible.

See COURSE MAP

# DICKEN RUN 5K COURSE MAP



- Barricade
- Cones
- Course

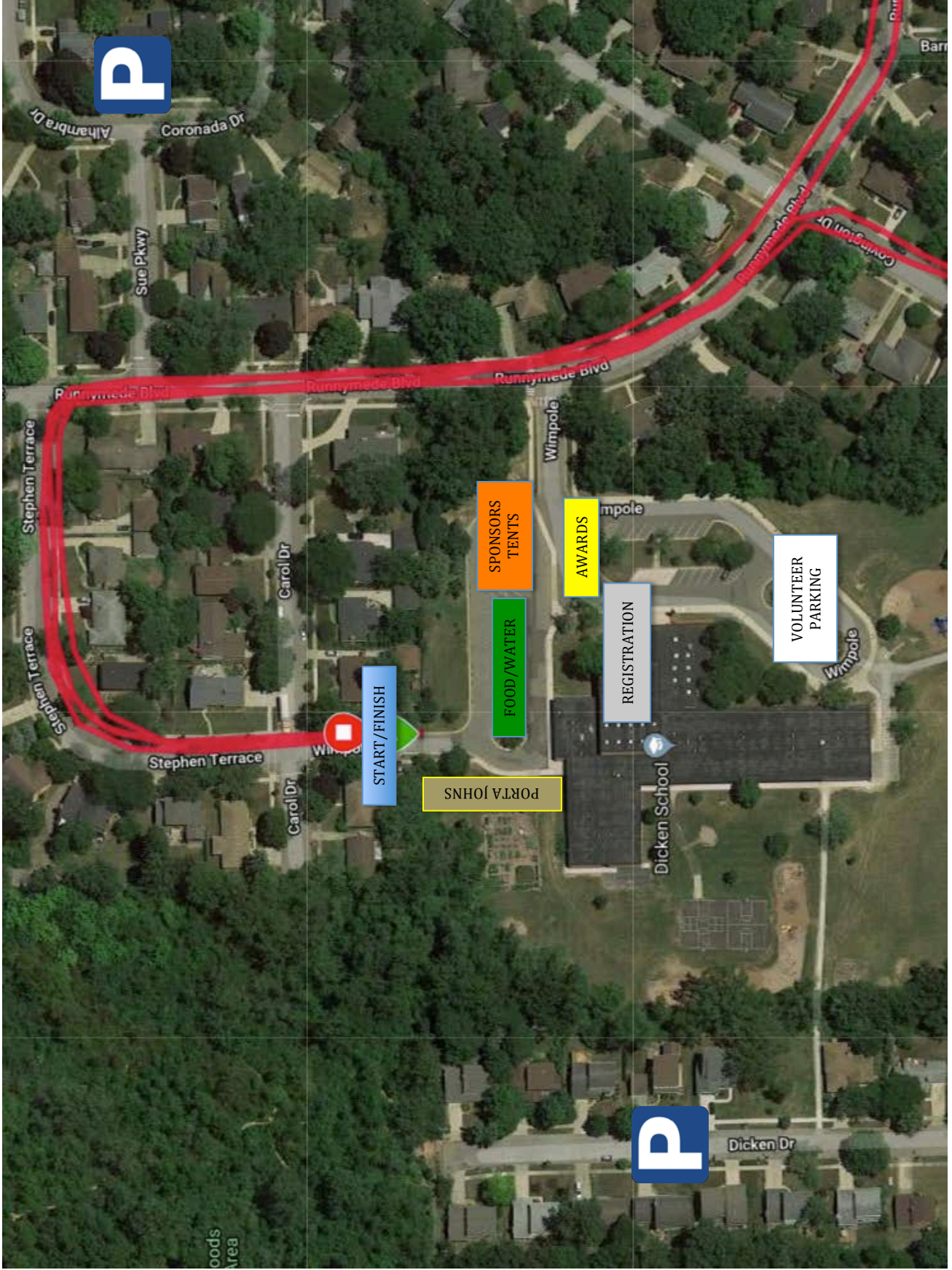
## **RACE START/FINISH AREA**

The start and finish area will take place at Dicken Elementary School 2135 Runnymede Blvd, Ann Arbor, MI 48103. The exact location of the start and finish line will be on the north side of the school at the entrance of the parking lot off of Stephen Terrace/Wimpole Street.

See START FINISH AREA MAP

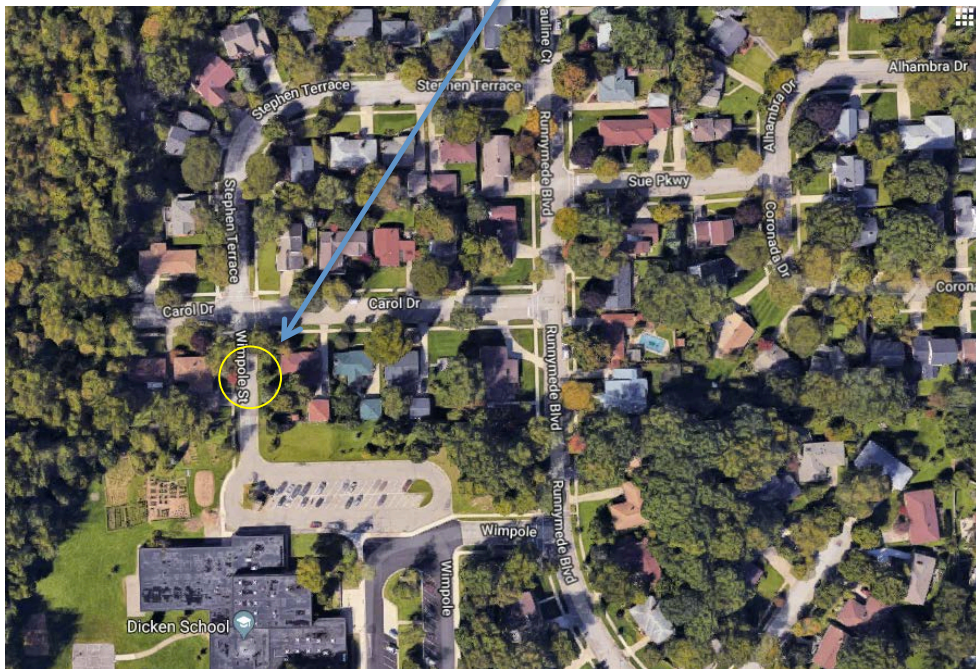
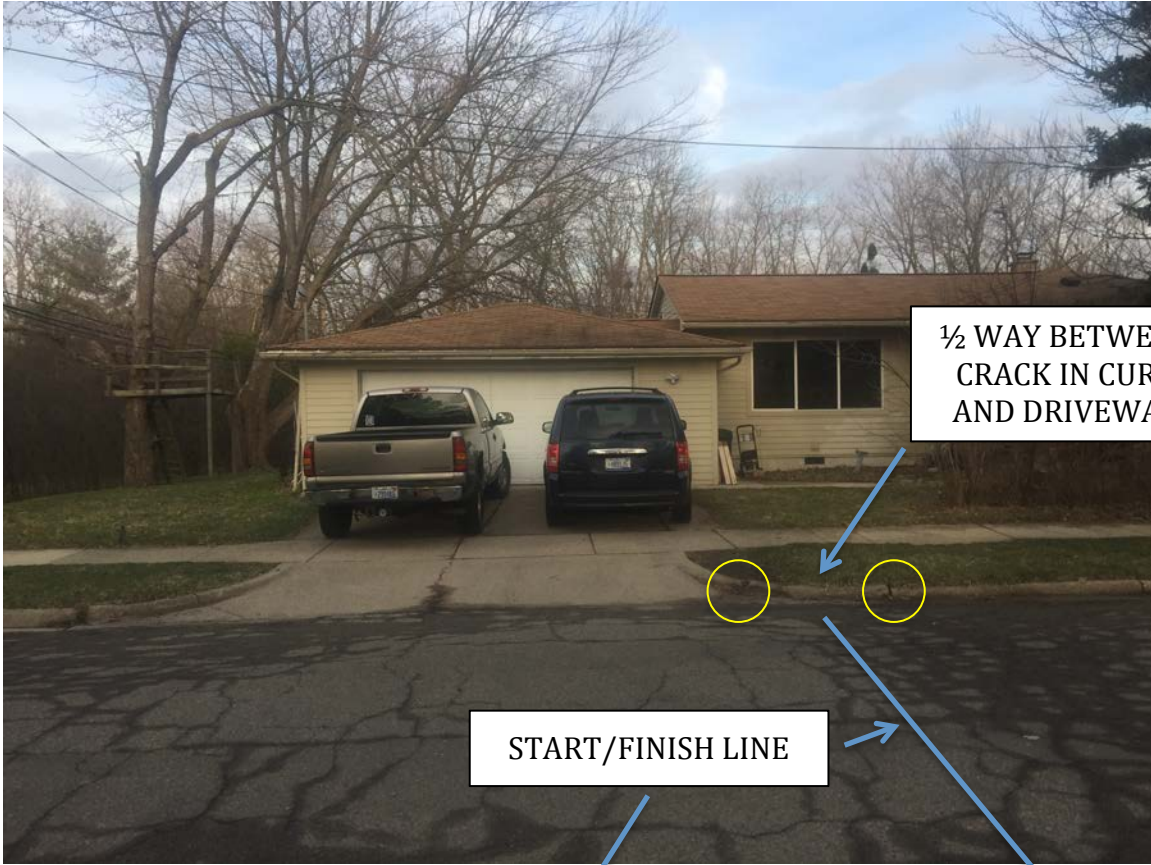


START/FINISH AREA - DICKEN ELEMENTARY SCHOOL





Dicken Run  
Start/Finish Line



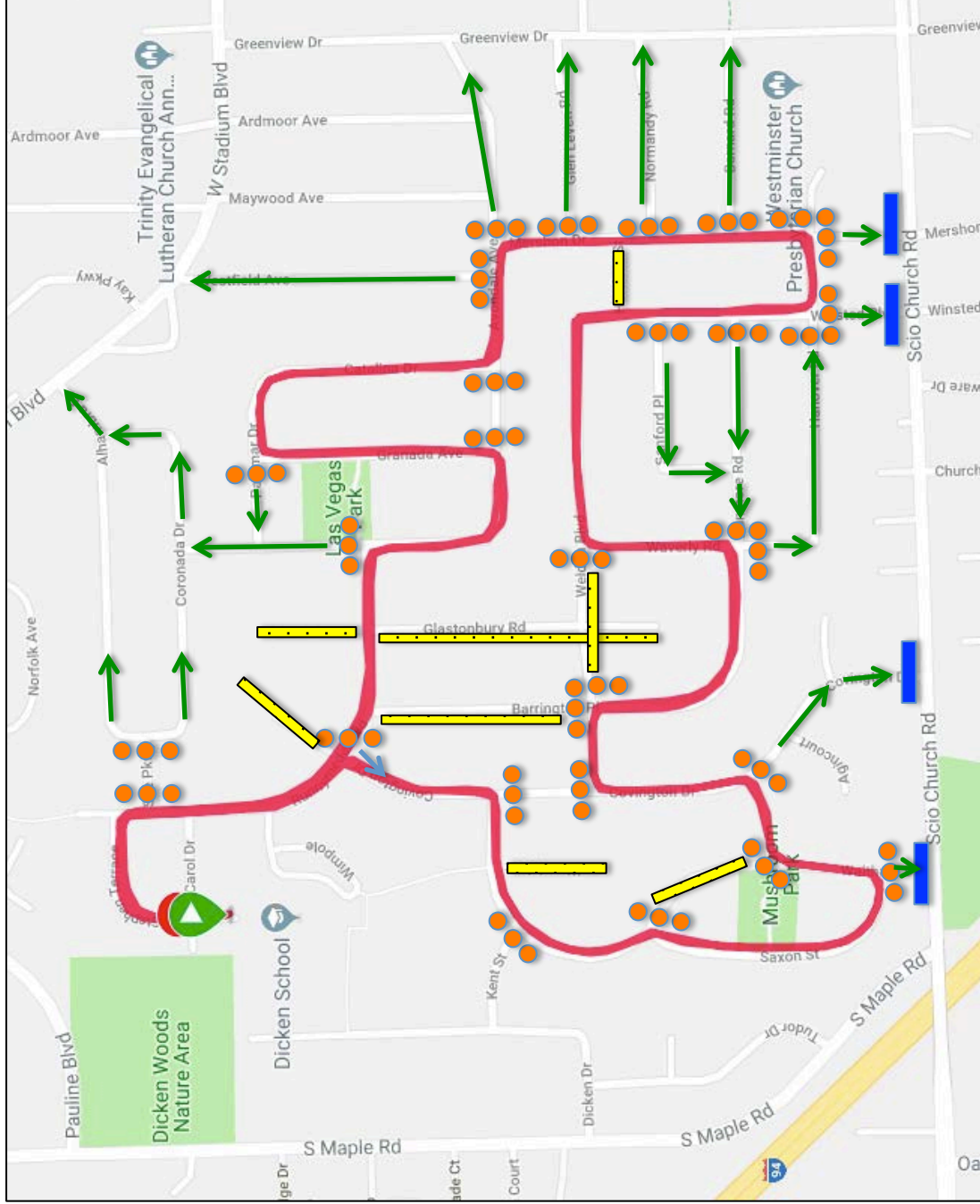
## **OUTBOUND TRAFFIC FLOW**







We will be notifying Dicken residents of the time frame for the race and when the best times would be to leave the neighborhood if needed. Very few streets within the neighborhood will be completely blocked off and the few that are will only be blocked in for a short time. Those corners will be staffed with course marshals and traffic will be allowed to come and go as permitted by course marshals.

We will advise Dicken residence that if they need to leave on race morning that they do so before 8:30am or after 9:45am.

See RACE COURSE OUTBOUND TRAFFIC FLOW

# RACE COURSE OUTBOUND TRAFFIC FLOW



-  Barricade
-  Cones
-  Course
-  Outbound Traffic Flow
-  Streets not on the course that will be blocked off for a short time until runners pass
-  Cones moved from Runnymede to Covington after runners pass

## **COURSE CONES, BARRICADES & COURSE MARSHALS**

A SAG vehicle will follow the last runners/walkers and pick up the cones to open up the roads. This will help to minimize the impact on residence.

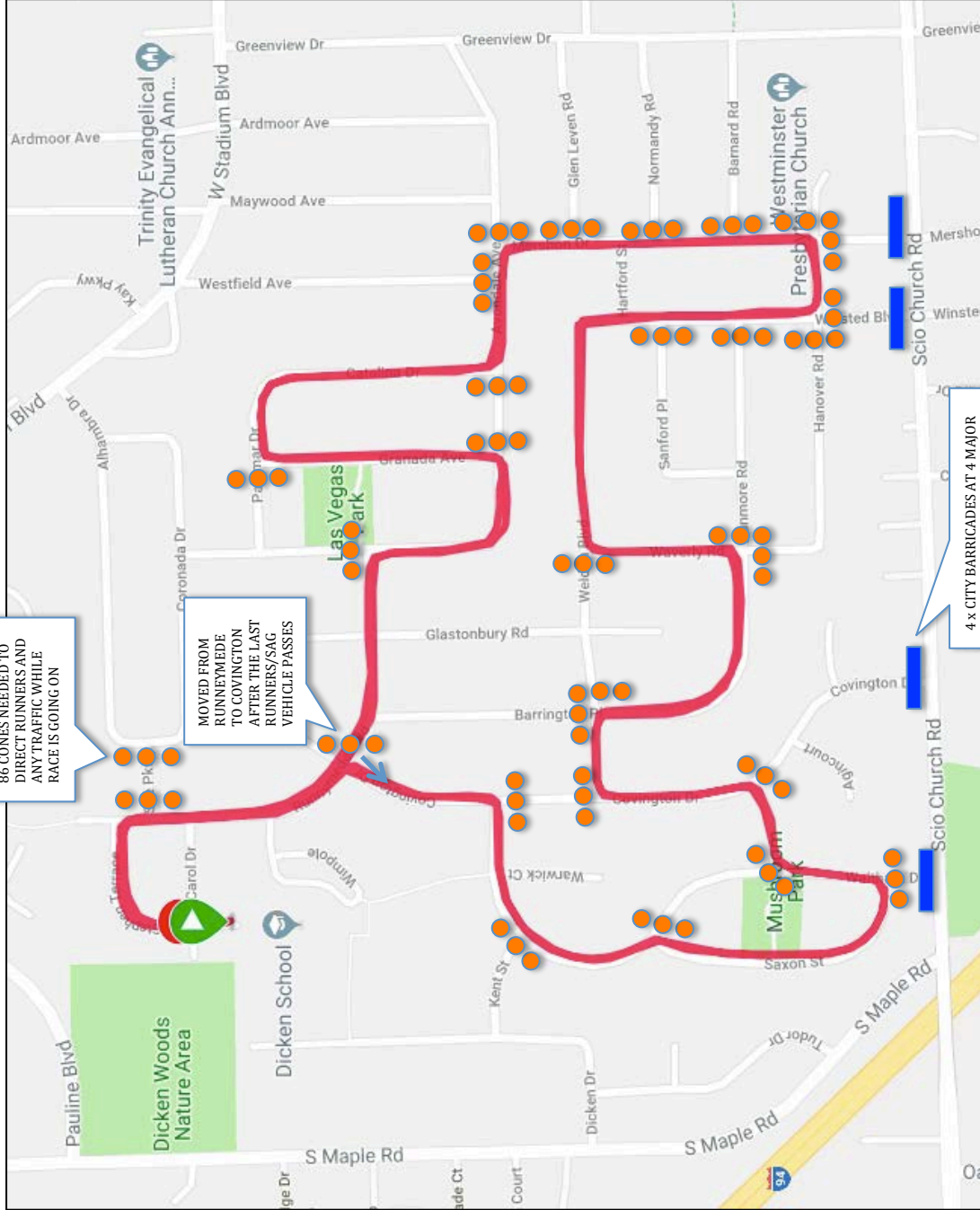
17 course marshals will be out on the course to help direct any traffic and the runners. From 8:30am to 8:56am (race start time) they will be stationed on the course to help any inbound or outbound traffic. From 8:56am until the SAG vehicle (last runners) come by they will be directing runners and stopping any inbound traffic onto the race course.

See RACE COURSE CONES & BARRICADES

See RACE COURSE MARSHALS MAP






# RACE COURSE CONES & BARRICADES



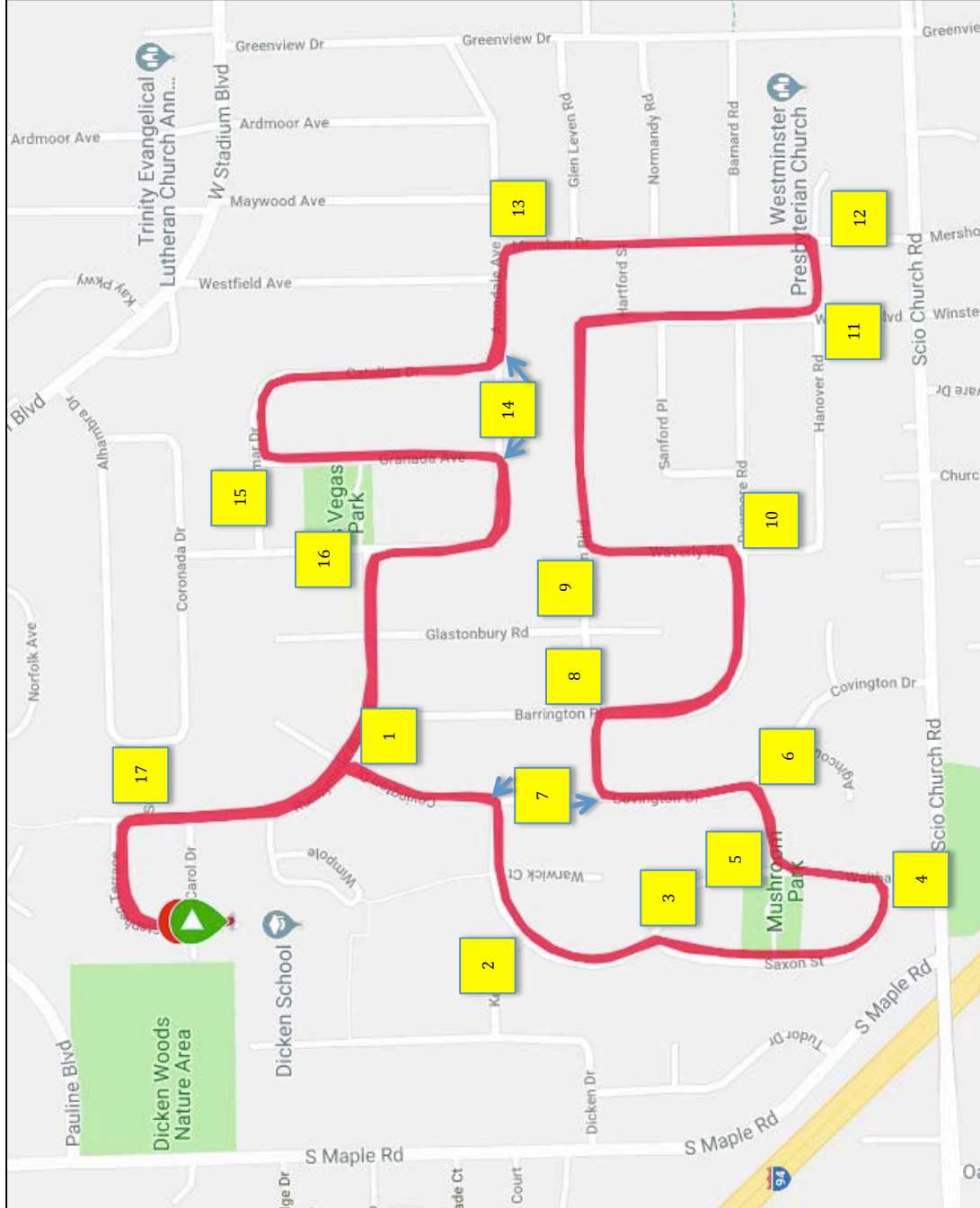
86 CONES NEEDED TO DIRECT RUNNERS AND ANY TRAFFIC WHILE RACE IS GOING ON

MOVED FROM RUNNEMEDE TO COVINGTON AFTER THE LAST RUNNERS/SAG VEHICLE PASSES

4 x CITY BARRICADES AT 4 MAJOR ENTRANCES TO DICKEN NEIGHBORHOOD FOR IN-BOUND TRAFFIC. OUTBOUND TRAFFIC CAN STILL PASS

-  Barricade
-  Cones
-  Course

# RACE COURSE MARSHALS



3

Course Marshals

Course

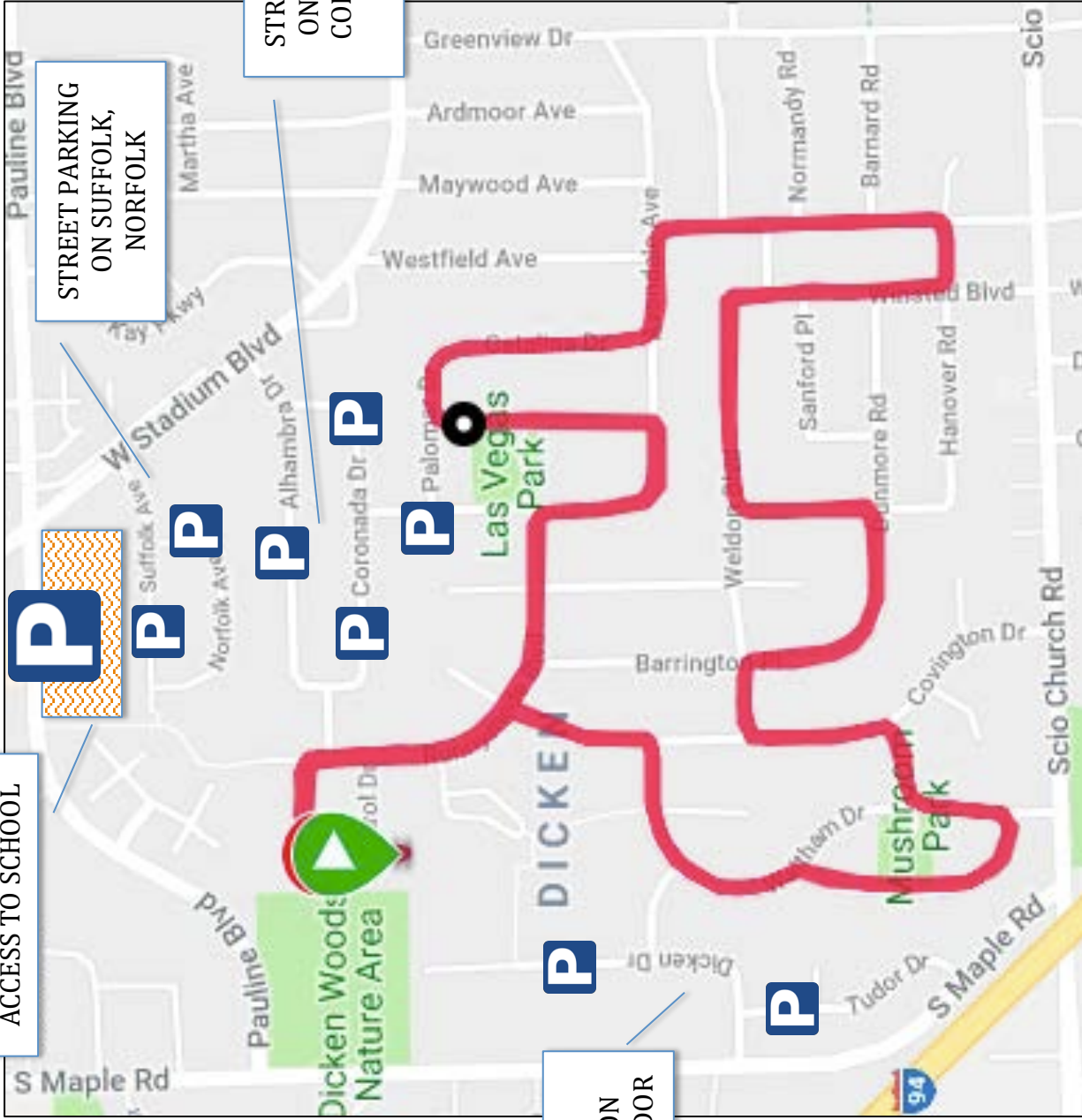
## **PARKING**

Race participants will be directed to park on certain streets that are not on the course. Overflow parking will be available at the business parking lot on Pauline. Participants that use this parking lot can easily use the walking path to get to Dicken Elementary School.

See PARKING MAP



BUSINESS PARKING LOT ON PAULINE. WALKING PATH ACCESS TO SCHOOL



STREET PARKING ON SUFFOLK, NORFOLK

STREET PARKING ON ALHAMBRA, CORONADA, LAS VEGAS

STREET PARKING ON DICKEN, TUDOR

- Course
- Street Parking
- Parking Lot

## **SEVERE WEATHER PLAN**

In the event of severe weather Dicken Elementary School will be open and available as a shelter from the weather. Volunteers out on the course will be notified via text message if needed.

## **MEDICAL**

A medical kit will be on-site for any minor accidents. Huron Valley Ambulance will be on stand by and notified of the event. Volunteers out on the course will have the race director's phone in case of an emergency out on the course.

## **PARTICIPANT WAIVER**

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignup.com, The City of Ann Arbor, Ann Arbor Public Schools and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic or electronic recording of this event for legitimate purposes.

## **INSURANCE**

The City of Ann Arbor has been included on the insurance for the race.

## **AGE GROUP AWARDS**

The awards age groups will be set up to give as many of the Dicken Elementary School students as possible a chance to earn an award.

- Male 6 & Under
- Female 6 & Under
- Male 7-8
- Female 7-8
- Male 9-10
- Female 9-10
- Male 11-12
- Female 11-12
- Male 13-14
- Female 13-14
- Male 15-19
- Female 15-19
- Male 20-29
- Female 20-29
- Male 30-39
- Female 30-39
- Male 40-49
- Female 40-49
- Male 50-59
- Female 50-59
- Male 60-69
- Female 60-69
- Male 70-79
- Female 70-79
- Male 80 & over
- Female 80 & over

## **PACKET PICK UP**

Saturday (day before the race) at Ann Arbor Running Company – 901 W Eisenhower Pkwy, Ann Arbor, MI 48103. 10am to 6pm

Sunday (race day) at Dicken Elementary School. 7:30-8:30am