GREAT TRAIN RACE

Participant Guide

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Fredericksburg Area Running Club

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Introduction

Welcome to the Great Train Race

We are excited for this year's race. The race will be on May 3rd and this will be our 32nd annual event. The Great Train Race is for young runners ages 17 and under. The race consists of 3 different events so runners can find a distance that suits their ability. Please read through this entire race guide as it will help you to know what to expect on race day and ensure you and your runner have an amazing day. The most up-to-date race information and the registration link can be found at www.gtrFredericksburg.com.

The race is hosted by the Fredericksburg Area Running Club (FARC). The club is a non-profit organization that promotes running within the community. The club has a youth running team called the Rappahannock Ospreys for runners 8 to 18 years of age. If you are interested in learning more about FARC or the Ospreys, please visit our website: www.runfarc.com.

It takes well over 100 volunteers and countless hours to plan and execute this race. When you see a volunteer on race day be sure to tell them thank you.

The race benefits Loisann's Hope House which strives to end the cycle of homelessness for all children and their families within the community. Their program is designed to improve the quality of life for families by helping them move from homelessness to permanent housing. They offer educational opportunities and support services. Loisann's Hope House is funded through private donations and private, local, state, and federal grants.

LOISANN'S HOPE HOUSE

For more information visit:
www.loisannshopehouse.org

Last year the race was able to donate over $12,000 to Loisann's Hope House thanks to our participants and our generous sponsors.

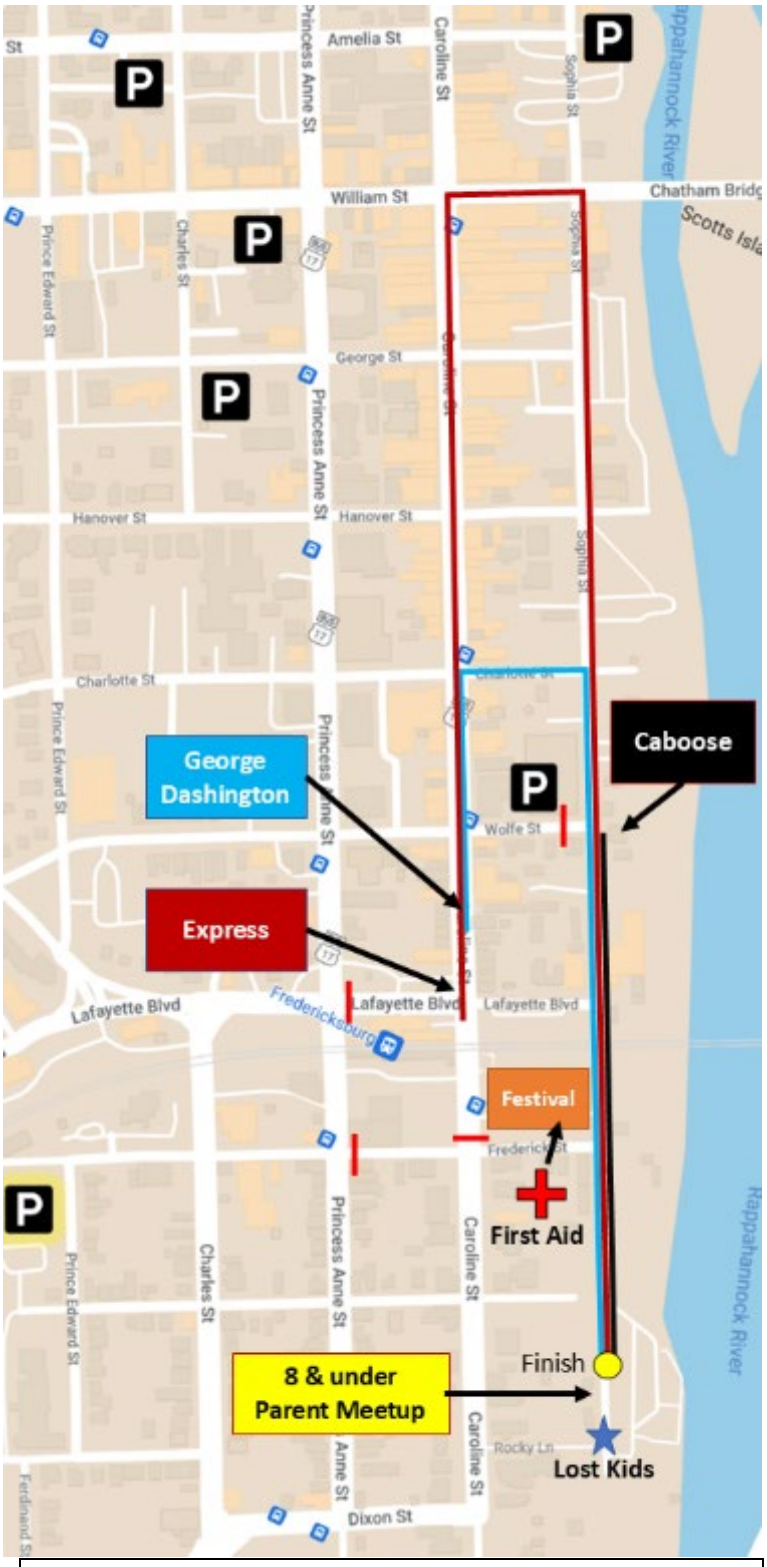
Events

Race Information

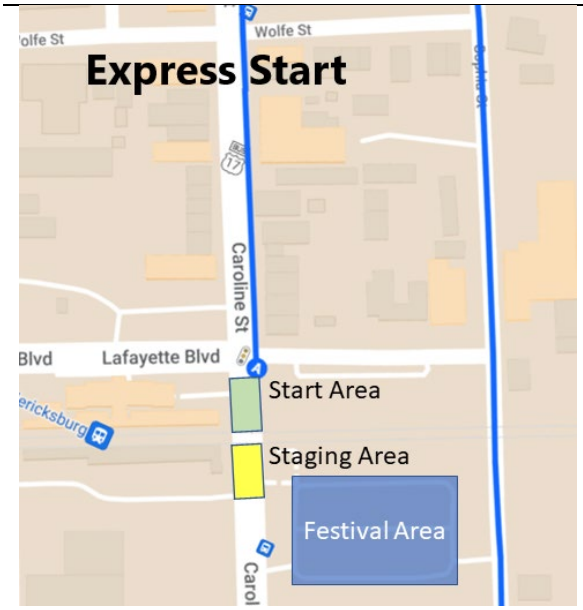
The race consists of 3 events: the 1 mile Express, the ½ mile George Dashington, and the ¼ mile Caboose run. Interactive course maps are available here: Course Maps. Runners will be assigned Heats based on age and sex. All events finish at the City Docks. The Festival Area for the race will be in the "Park and Ride Lot" located behind the railroad station between Caroline St. and Sophia St.

The Express is a 1 mile race open to runners 6 to 17 years of age. **Parents or guardians are not permitted to run with participants in the Express.** The first Heat in the Express will start at 7:30am. The Express starts on Caroline St. at Lafayette Blvd. Runners will head out on Caroline St. turning right onto William St. then right onto Sophia St. before finishing at the City Docks.

Runners should be in the Festival Area 30 minutes prior to the start of their assigned Heat. Runners will be called to the staging area 20 minutes before the start of their Heat. Please reference the below Heat schedule and the "Express Start" map. The staging area for the Express will be located next to the Festival Area on Caroline St.



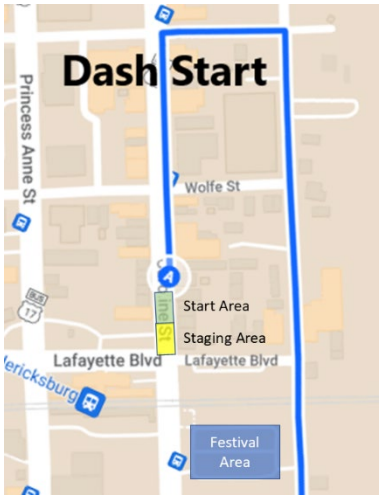
Express Heat Schedule



Heat	Participants	Staging	Move to Start	Start
1	Boys 14 and up	7:10	7:20	7:30
2	Girls 14 and up	7:20	7:30	7:40
3	Boys 12-13	7:30	7:40	7:50
4	Girls 12-13	7:40	7:50	8:00
5	Boys 10-11	7:50	8:00	8:10
6	Girls 10-11	8:00	8:10	8:20
7	Boys 9	8:10	8:20	8:30
8	Boys 8	8:20	8:30	8:40
9	Girls 8-9	8:30	8:40	8:50
10	Boys 6-7	8:40	8:50	9:00
11	Girls 6-7	8:50	9:00	9:10
12	Fun Heat	9:00	9:10	9:20

The George Dashington is a ½ mile race open to runners 10 years of age and under. A parent or guardian may run with participants who are 8 years old and under. All parents and guardians who run must indicate so during registration and sign the waiver. The first Heat will start at 9:40am. The George Dashington starts on Caroline St. in front of Fredericksburg Square. Runners will head out on Caroline St. turning right onto Charlotte St. then right onto Sophia St. before finishing at the City Docks.

Runners should near the start line 30 minutes prior to the start of their assigned Heat. Runners will be called to the staging area 20 minutes before the start of their Heat. Please reference the below Heat schedule and the "Dash Start" map. The staging area for the George Dashington will be located on Caroline St. at Lafayette Blvd.

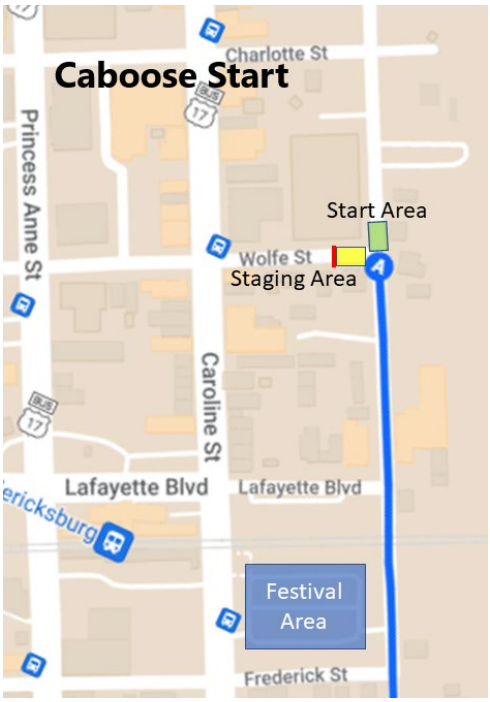


George Dashington Heat Schedule				
Heat	Participants	Staging	Move to Start	Start
13	Boys 8-10	9:20	9:30	9:40
14	Girls 8-10	9:30	9:40	9:50
15	Boys 6-7	9:40	9:50	10:00
16	Girls 6-7	9:50	10:00	10:10
17	5 and under	10:00	10:10	10:20
18	Fun Heat	10:10	10:20	10:30

Note: Heat 17 will be for boys and girls.

The Caboose Run is a ¼ mile untimed race open to runners 5 and under. A parent or guardian may run with participants. All parents and guardians who run must indicate so during registration and sign the waiver. The first Heat will start at 10:45am. The Caboose Run will start on Sophia St. near Wolfe St. Runners will head out on Sophia St. before finishing at the City Docks.

Runners should make their way to the start area 15 minutes prior to the start of their assigned Heat. **Please stay off Sophia St. until called to the start as not to impede runners still on the course.** Runners will be called to the staging area 10 minutes before the start of their Heat. Please reference the below Heat schedule and the "Caboose Start" map. The staging area for the Caboose Run will be located on Wolfe St. near Sophia St. Please stay clear of the parking garage entrance.



Caboose Run Heat Schedule				
Heat	Participants	Staging	Move to Start	Start
19	Boys 4-5	10:35	10:40	10:45
20	Girls 4-5	10:40	10:45	10:50
21	Boys 3 and under	10:45	10:50	10:55
22	Girls 3 and under	10:50	10:55	11:00

General Race Information

Knowing is Half the Battle

Awards

All runners who complete the race will receive a medal. Awards will be presented to top finishers in the Express and George Dashington. The Caboose Run is an untimed fun run, no additional awards will be presented. **Runners must compete in their assigned Heats or they will not receive a time and will be ineligible for awards.** The award categories for the Express and George Dashington are:

Express

Top 5 overall Boys and Girls

Top 5 overall Boys and Girls in the following age groups:

- 14 to 17
- 12 to 13
- 11
- 10
- 9
- 8
- 7
- 6

George Dashington

Top 5 overall Boys and Girls

Top 5 overall Boys and Girls in the following age groups:

- 10
- 9
- 8
- 7
- 6
- 5 and under

Awards will be presented at the stage in the Festival Area. The presentation schedule is below:

Awards Presentation Schedule		
Event	Category	Time
Express	Scholarships, Overall, 14-17, & 12-13	9:00
Express	10-11 & 8-9	9:30
Express / School	6, 7, & Top Schools	10:00
George Dashington	Overall, 10, 9, 8	10:30
George Dashington	6, 7, & 5 and under	11:00

Parking

Please leave plenty of time to arrive for the race and find parking. **It is recommended that you use VRE lot G (250 spaces). Lot G is located on the corner of Princess Edward and Frederick St.** The lot can be accessed from Lafayette Blvd. by turning onto Charles St. and then making a right onto Frederick St. Once you park, walk down Frederick St. to Caroline St. to the start area.

You may also park along city streets, just be sure to obey any parking restrictions. Parking along Caroline St. and Sophia St. will not be permitted. The parking garage on Wolfe St. will be accessible when runners are not present. Please visit https://www.fredericksburgva.gov/744/Parking for detailed information regarding downtown parking to include any costs or restrictions. Keep in mind that any parking along the race route (Caroline Street and Sophia Street below William Street) will only be accessible when safe.

Parent Participation

One parent or guardian of runners 8 and under may run with their child in either the George Dashington or Caboose Run. **No parents may run with participants in the Express.** We prefer runners complete their event on their own but understand some runners need a bit of reassurance and guidance. Parents or guardians must indicate during registration that they will be running and sign the waiver. The parent/guardian must run with the child throughout the whole course. Do not enter or exit the course mid-race. Only 1 parent or guardian may run with a child. Please reach out to the Race Director at gtr@runfarc.com if you have any specific concerns.

Finish Procedures

Runners will finish at the City Docks where they will receive their medal and post-race refreshments. Children who are 8 & under will be held at the end of the finisher chute until a parent or guardian can meet them.

Parents/guardians of runners aged 8 and under will be given a wrist band with their runner's bib number on it. PLEASE DO NOT FORGET THE WRIST BAND ON RACE DAY. Volunteers will match young runners to authorized adults before permitting them to leave. If the parent/guardian loses their wristband they will be required to show government issued photo ID and it must match the information provided during registration. Young runners who remain in the finish chute for more than 15 minutes will be escorted to the Lost Kids tent and the emergency contact will be notified.

Lost Children

Parents/guardians should speak with their runners prior to the race and ask them to stay on the course throughout the race. If they become lost or confused, they should speak with a race volunteer. Parents, if you are concerned your child has become lost, please seek out a volunteer. Volunteers will have shirts with "Volunteer" on the back. Race staff will have radios throughout the course to communicate information regarding missing children. There will also be a Lost Kids tent just beyond the finish at the City Docks to facilitate meeting up with lost children or parent/guardians.

First Aid

First Aid will be available in the Festival Area. Our first aid volunteers are equipped to handle minor injuries. Paramedics will also be onsite. In the event of serious injury, call 911.

What to Wear/Bib Placement

Runners are not required to wear their race shirt to the race. Please ensure that your runner's bib is pinned to the outer most layer off clothing that they will be running in. The bib must be pinned to the front of the runner's shirt. If the bib is not pinned to front, this could impact the ability to receive an accurate time and for identifying race day photographs. The weather the first weekend in May can

bring just about anything. Check the weather report before the race and ensure your runner is dressed for the day.

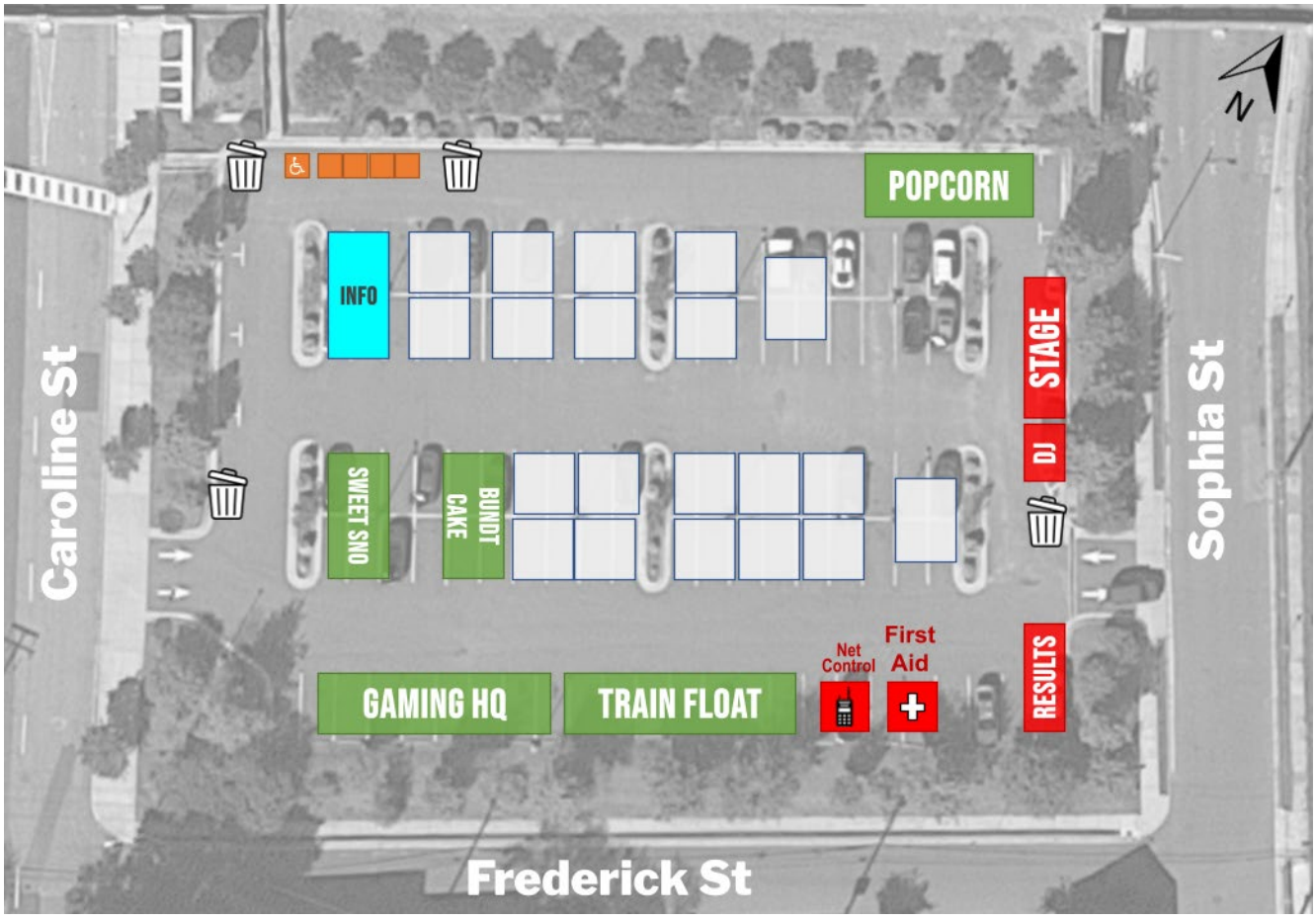
Weather

The race will be held rain or shine. In the event of lightning or dangerous conditions families will be directed to return to their cars. When conditions improve, the event will be restarted if possible. Check our social media pages for updates: https://www.facebook.com/TheGreatTrainRace/.

Festival Area

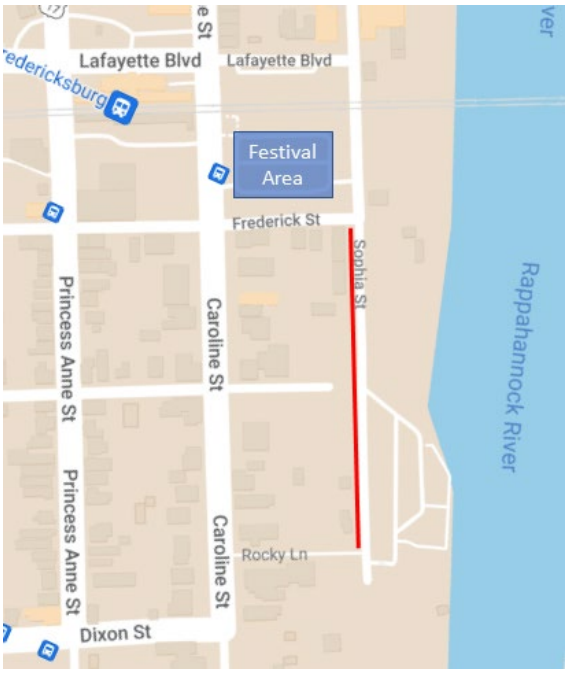
Central Location for Race Activities

The Festival Area located just south of the railroad tracks between Caroline St. and Sophia St. will host several activities. There will be food vendors in addition to many other local organizations. The awards ceremonies will be held in the Festival Area; please reference the awards schedule above. There will also be a DJ at the Festival Area to enjoy.



Spectators

Enjoy the Race and Cheer on the Runners



The best part of the Great Train Race is getting to cheer on the runners as they pass by. Be sure to be courteous to our downtown neighbors. Stay off private property and keep the course clear. We would hate for a runner to be impeded or hurt because someone was on the course. **Only authorized adults who have signed a waiver may be on the course with their runners.** If for any reason a runner leaves the course, please inform a volunteer of their bib number. Please follow all instructions given by our volunteers. Our volunteers and course marshals are in place to ensure the safety of all participants.
Spectators must remain on the east side of Sophia St. (river side) past Frederick St. as they head down to the finish at the City Docks. Fencing will be in place along the sidewalk, please do not lean on the fencing. The Great Train Race can always use “more cowbell” so bring out those noise makers and encourage our young runners.

Race Day Offers and Sponsors

Free Gelato

Anita’s Cafe & Dessert Bar located at 620 Caroline St. will be offering free gelato to race participants. Be sure to stop by after your race and get your runner a gelato and maybe some coffee or amazing food for you. While you are there get a great photo with the train out front!

Sporting Goods Discounts

Dick's Sporting Goods is offering several discounts to families! Print the coupons here: Dick's Coupons

Bed and Breakfast Gift Card

Win a Gift Card good at the Richard Johnston Inn or 1890 Caroline House!

Just enter here: Contest Page

Winner will be selected by random draw on May 4th.

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