

RACE INSTRUCTIONS

EVENT SCHEDULE

Thursday, September 30, 2021

- 4:00 pm – Lake Eola Opens
- 5:30 pm – T-Shirt Design Award Presentation
- 5:45 pm – Workplace Wellness Award Presentation
- 5:50 pm – Simply Shakeout
- 6:00 pm – Runners line up on Central Blvd.
– Walkers line up on Eola Drive
- 6:15 pm – Runners/Walkers Start
- 7:15 pm – Overall Male/Female Award

Monday, October 4, 2021

- 12:00 pm – Deadline for Team Captains to submit participants finish times and create scoring teams.



GETTING TO THE RACE

Arriving one hour early is strongly recommended due to traffic congestion. Parking options:

PARKING GARAGE MAP: Available on CORPORATE5K.com

PARKMOBILE APP: This free app makes it easy to pay for parking without running back to feed the meter.

RIDE-SHARE DROP-OFF/ PICK- UP LOCATION: Orlando Public Library (101 E Central Blvd)

SUNRAIL: With stops at Church Street and Lynx Station, using the SunRail may be a great transportation option.

AT THE RACE

BIB NUMBERS: Each participant has been assigned an official race number. Numbers are to be worn on the *front* of the body using the enclosed safety pins. Please fill out the medical information form on the back of the bib.

LOST & FOUND: Located in the info tent (red and white top).

CANNED FOOD DROP OFF: Food drive collection is on Eola Drive near Washington St.

MEETING AREA:

- Lake Eola Park is a public space. Companies may establish a team meeting point around the lake.
- Participants may bring tables, chairs and coolers and setup outside the post pace area.
- Lake Eola Park prohibits the use of pop-up tents and **alcoholic beverages are NOT permitted.**
- Teams are responsible for cleaning up after themselves. Please refer to the [site map](#).

RESTROOMS: Permanent and portable restrooms are located around Lake Eola. View Site Map for locations.

ALCOHOL REGULATIONS: Due to Lake Eola Park Regulations, outside alcohol is not allowed to be brought into Lake Eola. Alcohol may only be obtained from the Michelob Ultra Beer Stations.

MICHELOB ULTRA STATIONS: Beer served from 6:30 pm to 9:00 pm. Only one beer can be received at a time. Beer can't leave the Post Race area.

5K START:

- Please join your start group according to your anticipated pace per mile!
- To find your start group, look for the pace per mile signs in the start area.

- If your start group is full, utilize the next group.
- Participants unvaccinated against COVID-19 are encouraged to wear a mask and practice social distancing while waiting to start.
- Once the race begins at 6:15 pm; groups will start every 2 minutes.
- A digital clock will display the elapsed time; this clock will determine actual finish time.

RUNNERS START: The runners' start line is on Central Blvd, facing east.

WALKERS START: The walkers' start line is on Eola Drive, facing south. Walkers should follow volunteers and directional signage to the starting line on Eola Drive. Please refer to the [site map >>](#)

COURSE: The route includes one water stop. Digital clocks are at miles 1, 2 and 3; with two entertainment spots along the route! Strollers, bicycles, roller skates, scooters, in-line skates, and dogs will be prohibited from the course. The use of headphones is discouraged. Please refer to the [course map >>](#)

PORTABLE RESTROOMS: Available at the water stop.

FINISH LINE: Located on Central Blvd. Two digital clocks will display the elapsed time. Runners and walkers must note the exact time as it appears on the clock as they finish and report it to the team captain. To avoid congestion, please do not wait or stop; proceed straight ahead for refreshments and festivities. Participants unvaccinated against COVID-19 are encouraged to wear a mask and practice social distancing.

MEDICAL: Medical support available at the information tent, on course and at the finish line. Please fill out the medical information form on the back of the bib number.

WEATHER SAFETY: Track Shack Events (TSE) may cancel, shorten, or alter any event or course due to weather or for any other reasons within or not within the control of TSE.

A color-coded Event Alert System (EAS) will communicate the status of course conditions to participants leading up to and on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based primarily on the weather, as well as other conditions.

The Event Alert System table is available on the Safety Policies page of the event website.

SHARE YOUR EXPERIENCE: Post your virtual race photo, tag us and use hashtag and #SimplyIOACorporate5k

- Instagram @SimplyIOA.Corporate5k

- Twitter @trackshack

- Facebook @ SimplyIOACorporate5k

GET RECOGNIZED IN THE RESULTS

In person participants are responsible for remembering their race time from the digital display clocks at the finish line. Participants should move through the finish chute and locate his/her Team Captain or scorekeeper to report the finish time. We suggest your scorekeeper attach the results form or your roster to a clipboard and record the times as they are reported.

Virtual participants will run or walk on their own and email their results to the team captain by 11:59 pm on October 3.

[View scoring rules and requirements >>](#)

To be included in the official results, the Team Captain must record all submitted times AND create scoring teams on manage.Hakuapp.com by 12:00 pm on Monday, October 4, 2021.

[View team scoring guide >>](#)

RACE RESULTS: Official results by industry category will be on the website on Tuesday, October 5, 2021.