



**Alpine Bank Boulder Thanksgiving Day 5K and Kids 1K**

**11/23/2023 - 9:00am**

**Flatiron Park**

**2209 Central Ave,  
Boulder, 80301**

## ALPINE BANK BOULDER THANKSGIVING DAY 5K AND KIDS 1K RACE DAY INFORMATION

Important information you need to know for the Alpine Bank Boulder Thanksgiving Day race on Thursday November 23<sup>rd</sup>.

### WHERE

Flatiron Park  
[2209 Central Ave.](#)  
[Boulder 80301](#)

**RACE NUMBER AND T-SHIRT PICK UP** - (T-Shirt must have been ordered before 11/1/2023).

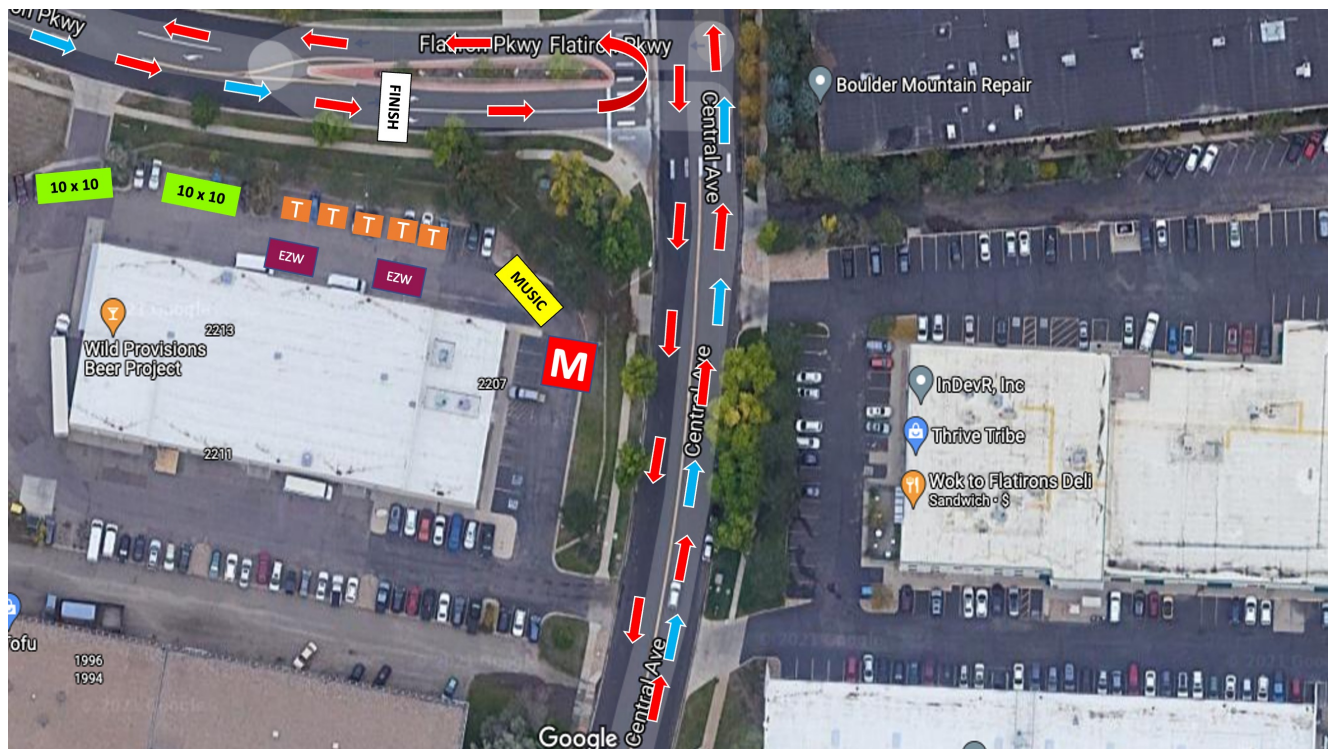
#### **Option 1 - DAY BEFORE RACE:**

11am - 4pm on Wednesday, November 22<sup>nd</sup> from Runners Roost Boulder ([629 S Broadway, Suite E, Boulder, 80305](#))

#### **Option 2 - RACE DAY:**

From **8:00am** on Thursday November 23<sup>rd</sup> at the "Troop Events Athlete Management" Canopy near the race finish line at 2209 Central Ave, Boulder 80301.

\*You **MUST** pick up your race number no later than **20mins** before your scheduled race time start. Please realize that the race start line is roughly 400m away from race number pick up area!



### RACE START TIMES

**9:00am** Kids 12 years and under - 1K

**9:15am** Open - 5K

### RACE COURSE

The race start line will be on Central Ave, just down from Upslope Brewing Company at 1898 S Flatiron Ct, Boulder, 80301. The race finish line will be by Wild Provisions Beer Project at 2209 Central Ave, Boulder 80301.

- A map of the 5K course can be found [HERE](#).
- A map of the kids 1K course can be found [HERE](#).

### ROAD CLOSURES

Please note you **CANNOT** drive into Flatiron Park. There are road closures on Central Ave and Flatiron Pkwy from 55<sup>th</sup> St.



**RACE DAY CAR PARKING**

Car parking is available at parking lots -  
 5500 Flatiron Pkwy, Boulder 80301  
 2300 55<sup>th</sup> Street, Boulder 80301  
 2108 55<sup>th</sup> Street, Boulder 80301  
 5500 Central Ave, Boulder 80301



**CANNED GOODS AND TOILETRY NEEDS**

We are kindly asking all participants to kindly bring and donate non-perishable packaged and canned foods, and toiletry needs to either Runners Roost Boulder on Wednesday when you are collecting your race number, **OR** on the morning of the event at the race number pick up area, where our charity partner Harvest of Hope Food Pantry will be waiting.



**Food Drive**

Help Feed Those in Need

These are the items we need the most!

- \* Chewy Granola Bars
- \* Shelf-stable alt. milks
- \* Refried Beans
- \* Canned Chili
- \* Breakfast Cereal
- \* Protein Bars
- \* Canned Pasta w/Meat
- \* Canned chicken
- \* Chunky-style Soup
- \* Ramen Noodles
- \* Canned Fruit
- \* Protein Drinks

Please note that we cannot accept food that is opened or needs to be repackaged.



**Toiletry Drive**

Help Feed Those in Need

These are the items we need the most!  
 (Regular + Travel Size)

- \* Disposable Razors
- \* Shampoo
- \* Deodorant
- \* Toothpaste
- \* Menstrual Hygiene Items
- \* Bar Soap & Body Wash
- \* Conditioner
- \* Sunscreen
- \* Toothbrushes
- \* Dental Floss

Please note that we cannot accept food that is opened or needs to be repackaged.

**RACE NUMBER**

Please make sure that your race number is affixed to the front of your shirt, and it is clearly visible.

**RACE BRIEFING**

There will be a call for all runners to be at the start line roughly 5mins before the start of their respective race.

**CLOTHING**

Please make sure you have adequate attire for the event. The weather forecast is currently predicted with a low of 26F and a high of 43F.

**BAD WEATHER**

In the unlikely event that we have bad weather such as lightning, a decision will be made whether the event will be delayed or stopped. Your safety is paramount, and the weather can turn bad very quickly!

**TOILETS**

There will be 8 Porta-lets in the parking lot of 2209 Central Ave, near the race finish line.

**FIRST AID**

Chris Wentz from Event Medical Specialists, LLC will be on-site as our EMT and to provide our First Aid and Medical.

**KIDS 1K RACE FOR 12 YEARS AND UNDER**

A parent may run or walk with their child who is under 6 years of age in the Kids 1K race **FREE** of charge, but they must start at the back of the field.

**TIMING**

All races will be electronically timed by Runners Roost Race Services.

**MUSIC**

We will have live entertainment from DJ Chris Cockroft ([www.tiptopdj.com](http://www.tiptopdj.com)).

**HEADPHONES**

Headphones are allowed but please make sure you are aware of your surroundings and always listening to important information that could be coming from one of our marshals or volunteers. Again, your safety is important to us.

**RACE EVENT SPECTATORS**

All spectators must stay off the road.

**RACE START/ FINISH AREA**

Only those that are racing, are permitted around the start/ finish line area. This area must be kept clear at all times to help for timing and marshalling race participants.

**NO ANIMALS ALLOWED**

There are **NO** dogs allowed in the race.

**STROLLERS**

Anyone wanting to run with a stroller may do so, but you must start at the very back of the field.

**VOLUNTEERS/ MARSHALS**

15 - 20 volunteers have given up their time to help make this event possible. Please show your appreciation by being courteous at all times and please adhere to any information they may be trying to give you.

**RESULTS**

Results will be available immediately after the race and can be found [HERE](#).

**PRESENTATIONS**

**10:30am** - Will take place near the finish line in the parking lot of 2209 Central Ave, Boulder 80301.

**POST RACE FOOD**

There will be breakfast burritos from Savory Cuisines, with an added choice of a Vegetarian or Vegan option too.

**OZO COFFEE**

Welcome Ozo Coffee! All race participants can fuel pre-race or post-race for **FREE**.

## WILD PROVISIONS BEER

Welcome Wild Provisions! All participants over the age 21 years, will receive a **FREE** beer until 11:00am. Options are:

- Bout Damn Time - IPA
- Perfect Drift - Pilsner
- Raspberry Blonde – Fruited Blonde Ale

\* Those that are **NOT** running, may purchase beer from Wild Provisions. They will be serving from 9:30am - 11:00am.

## HYDRATION

- Gatorade and Water.

## MEDAL

All participants will receive a “Volunteer Appreciation” medal, that will again honor a local volunteer for their tireless work in our local community. This year, the Volunteer we will be celebrating, is Diane Murphy.

*“Diane Murphy has dedicated her life to preserving and loving wild public lands, trails, and wildlife habitat. She founded the community non-profit Boulder Open Space Conservancy (BOSC) in 2017 at the 50th Anniversary of the City of Boulder’s Open Space and Mountain Parks department. This unique public-private partnership was created to leverage public resources and collective stewardship with private philanthropy to fulfill its mission. Diane is now the Chair of the BOSC Board of Trustees and very generously volunteers her time and resources whole-heartedly to the organization” - Alyson Duffey.*

## AWARD WINNERS

### OPEN MALE & FEMALE

1 <sup>st</sup> Place	\$200.00
2 <sup>nd</sup> Place	\$150.00
3 <sup>rd</sup> Place	\$100.00

### MASTER MALE & FEMALE

1 <sup>st</sup> Place	\$100.00
2 <sup>nd</sup> Place	\$ 75.00
3 <sup>rd</sup> Place	\$ 50.00

### MASTER MALE & FEMALE AGE GRADED

1 <sup>st</sup> Place	\$100.00
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## AGE GROUP AWARDS

**TOP BOY & GIRL 1K** (Gift Certificate to Sweet Cow) -

5 and Under/ 6 - 9/ 10 - 12

**TOP MALE & FEMALE 5K** (Gift Certificate to Runners Roost Boulder) -

14 and Under/ 15 - 19/ 20 - 24/ 25 - 29/ 30 - 34/ 35 - 39/ 40 - 44/ 45 - 49/ 50 - 54/ 55 - 59/ 60 - 64/ 65 - 69/ 70 - 74/  
75 - 79/ 80+

## THANK YOU TO OUR PARTNERS/ SPONSORS/ SUPPORTERS

Thank you for being involved with this event. If you have any questions or concerns, please don’t hesitate to contact me.

Cheers,

Lee Troop

Race Director

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