

PHOENIX SISTER CITIES 5K RUN/WALK

Race Details and registration options below:

ONLINE REGISTRATION OR MAIL-IN REGISTRATION

Visit phoenixsistercities.org to register for our 5K Run/Walk!

Pricing and registration forms are available through our website OR you may download and print the PDF registration form - Please complete the mail-in form and make checks payable to Phoenix Sister Cities, 200 W. Washington St. 20th Floor, Phoenix, AZ 85003.

VIRTUAL REGISTRATION

Visit phoenixsistercities.org to register for our VIRTUAL 5K Run/Walk!

Virtual race tickets are available until November 1, 2019 for a flat rate of \$30*

What is a virtual race?

If you cannot join us at Arizona Falls Canal and still want to run, jog, or walk, YOU choose your race location! Find a trail, run on the treadmill, or walk in your neighborhood at your own pace and on your own time.

Are you ready? It's easy to get started!

- 1) Register as a virtual runner at phoenixsistercities.org or mail-in your virtual race registration.
- 2) Find a time to run **BEFORE** 12pm, MST on November 2, 2019.
- 3) Choose a location & map out 3.1 miles (5K).
- 4) Set your timer and...
- 5) GO!
- 6) After your run, send your results to emily.smolenski@phoenix.gov **BEFORE** 12PM, MST on November 2, 2019 & share your accomplishment on social media with the hashtag #PSC5K.

*Please note that shipping is included in the virtual race ticket price and items will ship by Wednesday November 6, 2019 once all virtual participants have submitted their times. The top 3 finishers in the virtual race will be posted on the Phoenix Sister Cities website! **Virtual Racers will receive a T-Shirt and Medal.** Virtual racers are not eligible for age group awards. Virtual Racers will receive an instruction packet via the email provided at registration.

WHAT YOU GET ON RACE DAY

Phoenix Sister Cities 5K T-Shirt

Race Bib with timing chip

Medal & Swag

Pre- & Post – Race Refreshments

Water Stations along the course

Age group awards

Photos will be taken throughout the morning and will be available to runners upon request (602-534-3751)

RACE DAY INFORMATION

Race day is NOVEMBER 2, 2019 @ Arizona Falls Canal, 5802 E Indian School Rd, Phoenix, AZ 85018

- Race day registration is open at 6:30am and concludes at 7:30am.
- ALL runners/walkers must be at the start line at **7:30 AM!**

We accept cash, check, or credit card on the day of the race.

- Cost of race day registration is **\$50**. You may **NOT** sign-up for the Virtual Race on November 2 – Virtual Race registration ends on November 1, 2019 at 11:00pm, MST.
- Please note, shirt size is not guaranteed on the day of the race.

COURSE

Arizona Falls at the Arizona Canal is a beautiful location for a 5K! Runners/Walkers will line-up for the race near the iconic Arizona Falls and run along the canal, ultimately finishing the race back at The Falls. The trail is dog friendly and we encourage your pets to participate!

EVENT SCHEDULE

Sunday, October 27, 2019 from **11:00am – 1:00pm** = Early Packet Pickup @ Arizona Falls & Volunteer Orientation

Saturday, November 2, 2019 at **6:30am** = Race Day Packet Pickup and Registration Opens.

Saturday, November 2, 2019 at **7:30am** = Race Start

Saturday, November 2, 2019 at **8:15am** = Awards begin (tentative time)

ENTRY FEES

Early Bird (Through November 1):

- Phoenix Sister Cities Member: \$30
- Non-Member: \$35

Race Day (On November 2):

- All runners/walkers: \$50

Virtual Race (Through November 1):

- All Virtual Racers: \$30

Family Entry (Through November 1):

- Family discount for 5 runners/walkers: \$125

RACE T-SHIRTS ARE GUARANTEED FOR ALL RUNNERS/WALKERS REGISTERED **BEFORE** OCTOBER 15, 2019!

All Non-Members & Virtual Racers will receive a **FREE** Phoenix Sister Cities Membership with registration.

PARKING AND TRANSPORTATION

Parking

- FREE at Prince of Peace Lutheran Church, G.R. Herberger Park, and Arcadia Park. Parking at G.R. Herberger is limited. Please plan accordingly.

Valley Metro Bus

- The nearest Valley Metro Bus stop is Indian School Rd. and 56th St. Please visit valleymetro.org for more information on bus departures and schedules.

ORGANIZED BY

Phoenix Sister Cities
200 W. Washington St. 20th Floor
Phoenix, AZ 85003

Phone: 602-534-3751 | **Email:** emily.smolenski@phoenix.gov