

## Ellen Brenner

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**From:** Luen Lowrey <luen@yellowjacketracing.com>  
**Sent:** Tuesday, June 15, 2021 2:28 PM  
**To:** Ellen  
**Subject:** FW: Please Read: Rochester Regional Health Flower City Challenge Details

-----Original Message-----

From: "Rochester Flower City Challenge" <noreply@runsignup.com>  
Sent: Tuesday, June 15, 2021 2:11pm  
To: luen@yellowjacketracing.com  
Subject: Please Read: Rochester Regional Health Flower City Challenge Details



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Greetings In Person Athletes!

First we wanted to give huge thanks to Rochester Regional Health for being title sponsor year over year!!

We have updated the website with everything as of this moment - 6/15/21 at 1:35PM. Things can change and we will certainly inform you should that occur.

You can view the website at [www.flowercitychallenge.com](http://www.flowercitychallenge.com)

Please make sure your website is not cached otherwise you will have old information.

In lieu of making this email long I am going to refer you to the website for absolutely everything. We also encourage you to follow Rochester Flower City Challenge on [Facebook Here](#). Below are some key aspects to know.

### **1. Packet Pickup - [Details Here](#)**

GO TO PACKET PICKUP at Fleet Feet Thursday and Friday. Day 2 also has Saturday Fleet Feet Pickup Others can pickup your packet for you! You DO NOT want to do this race morning as it is near the start and you have to go around to get to it. See Course Maps on Website.

### **2. The Start - [Course Maps Details Here](#)**

The start is very tight in order for us to get the distance in. You will see Red X's spots on one of the maps. We do not want anyone on that path as we start each race. Racers in progress have right of way and we do not want anyone run over. Walk around to get to start. Also we advise no spectators at the start so we can reduce risk of people going on that path. See pic on Course Map Link above

Corrals - we sent a note with what corral you are in. DO NOT MISS YOUR START. DO NOT START EARLY. If you start early you WILL NOT be in the results and potentially DQ'd. If you miss your start we will not adjust your time. Please head to the start area about 15 minutes before your start time so not to have congregating. Listen for cues as to when to get into corral. [See what start corral you are in here](#)

### **3. The Course - [Course Maps Details Here](#)**

You are responsible to know the course.

5K Course - Follow YELLOW Arrows on the Ground - it's the same color as your bib

Half Course - Follow the BLUE Arrows on the Ground - it's the same color as your bib

### **4. The Finish - [Course Maps Details Here](#)**

As you enter back into the southside of GVP, the 5K will do an earlier jut off to the finish, while the half will continue a longer loop to the south end. See map on Course Map Details. Be sure to pay attention. Yes the course will finish on grass but it isn't too long at all. When you finish your medal will be in the grab n go bag. Many thanks to Athletic Brewing who has also donated non alcoholic beer for the finish. Once finished clear the finish area so athletes can finish safely

### **5. Relay Info - [View all Relay Info Here](#)**

### **6. Water Stop Info [Click Here](#)**

You still need to carry water with you, along with nutrition and any electrolytes. It is JUNE and can be hot! And anything can happen with a water stops so please carry with you.

### **7. HAVE FUN!!!**

This definitely is a unique year, but we have a race and we thank you so much for joining us!

### **8. Spectators**

As far as spectators, we ask that they are not at the start due to the pathway where athletes begin must not be obstructed. Remember the park is massive. But we welcome them all over the course to cheer on athletes and finish. We just ask not to congregate at finish since both races are coming in at different spots.

*Good/Easier viewing spots for half:* Roundhouse area, Along U of R River Path from Round House to Ford Street, Finish Area - just stay clear of the paths the 5K and Half have to take to get to them. But there is the west side of the river by Staybridge Hotel, plus by REI.

### **9. No Littering! Be Positive! Smile! Thank Volunteers!**

**10. Go to In Store Packet Pickup at Fleet Feet!** Plus you can pick up lucky new gear to wear, eat, drink or something commemorative to celebrate for post race.

**Website:** [www.flowercitychallenge.com](http://www.flowercitychallenge.com)

Thank you!

Regards,  
YellowJacket Racing

## **Flower City Challenge**

**Rochester, NY**  
**Fri June 18 - Mon June 21 2021**

### **Contact Race**

If you would like to unsubscribe and stop receiving these emails [click here](#) .

Thank you,

**Luen Lowrey**  
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