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8 Easy Steps to a Fun Cupid's Cup 5K!
Perhaps even find your cupid!

Cupid's Cup 5K

February 13, 2022 | 9:00am |
West Irondequoit High School
(260 Cooper Rd, Rochester)

Step 1: Go to Packet Pickup & Get Your Bib during Packet Pickup at Fleet Feet @ The Armory (155 Culver Rd, Roch, NY 14620)!

We highly advise going to packet pickup vs waiting to race day. This will alleviate waiting on race day lines.



Here are packet pickup details:

- **Friday, February 10th from 10am-6pm** at Fleet Feet @ The Armory: 155 Culver Road, Rochester, NY 14620
- **Saturday, February 11th from 9am-12pm** at Fleet Feet @ The Armory: 155 Culver Road, Rochester, NY 14620
- **Race Day, Sunday, February 10th from 7:30AM to 8:45AM** in the Large Cafeteria of West Irondequoit HS. **Packet Pickup will close at 8:45AM**
Reminder it is HIGHLY ADVISED to go to pickup on Friday or Saturday at

Packet Pickup at Fleet Feet @ The Armory. Please Do NOT wait until race day

- **Note: Masks MUST be worn inside the school at all times** and please do not leave anything inside the school

Virtual Participants: You are more than welcome to get your packets at packet pickup. This way you have everything for your event. You were sent an email 2/9/22 in the AM on details on how to submit results and get your bib number.

Race Bib Details & Timing: Your timing chip is on the back of your bib you'll get at packet pickup. It is very important that the bib is worn visibly on the front torso of each participant. If you lose, forget or misplace your bib on race day, there is a \$5.00 replacement fee. No chip, no time.

A "LOVE " Reminder: When you registered you selected which bib matches your current "love" situation. We are unable to change your bib color, but for those that are **GREEN** and looking for love -show your bib proudly. Here is your opportunity to make a love connection. Those that are **RED** then help the Green's find other Green's. Those that are **YELLOW**, noting "it's complicated", we hope this event can help make it less complicated

Registration is Open Until Saturday, February 12th at Noon if you have Friends or Family who would like to join. [They can Register Here](#)

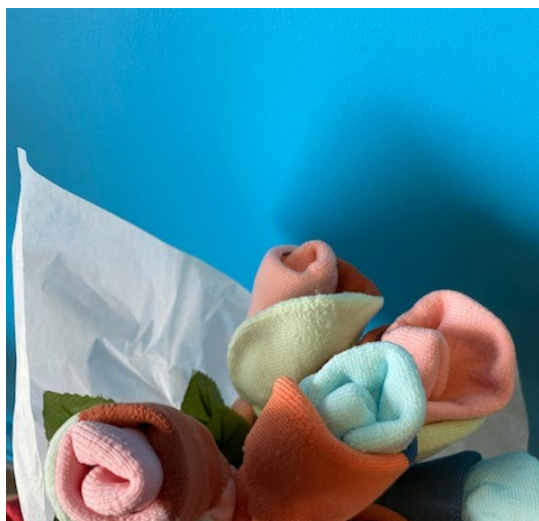
Step 2: Know anyone who wants to volunteer? We do welcome more volunteers predominantly with road marshal positions. The time frame is from 8:15AM (ish) to 10:15AM (ish)

Volunteer help is so greatly appreciated and the athletes love it too, plus you'll get a Cupid's Cup Mug!

[Click Here to Volunteer](#)



[Click Here to Volunteer](#)



Step 3: Enjoy Packet Pickup In-Store Cupid Specials

Be sure to check out the following sales when attending packet pickup!

- Take 30% OFF Select Winter Apparel*
- Take 15% OFF Select Winter Hats, Gloves & Accessories*
- Ladies, we also have a great new selection of sports bras as well as several styles just



marked down!

PLUS we are doing Special Sock Bouquets if you'd like to pre-order one to pickup during packet pickup as a gift for a loved one. Available for men and women.

[Order Your Sock Bouquet Here](#)

[Order Your Sock Bouquet Here](#)

Order Sock Bouquet Here

**Winter Apparel/Accessory Sale Note: Restrictions do apply. Not valid on prior purchase. Can not be combined with other offers. Not valid on new arrivals, online nor on limited edition. Valid only during Packet Pickup*

Step 4: Getting to the race site before Cooper Rd closes and what to do once there

- * You can enter the high school through side doors. All other doors will be locked.
- * Parking is available in all lots except for the one in front of the school, that we will have coned off.
- * All restrooms on the first floor will be available for use
- * The race starts on Cooper in front of the school
- * The finish line is on the bus loop in front of the school

[Click Here for the Neighborhood Traffic Advisory.](#)

Key Road Closures

- Cooper Rd will be closed (in both directions) from 8:45am-9:15am from Titus to St. Paul.
- Cooper Rd, northbound will remain closed from Titus to the High School until 10:15am. At 10:15am all participants will be asked to go to the sidewalk

Parking

- There will be plenty of parking available at the West Irondequoit High School.

Please plan accordingly!

Step 5: Wear That Finishers Medal Proudly!

All finishers get a finishers medal. Wear that bling proudly, take pictures in front of the Cupid's Cup Backdrop and hashtag #cupidscup #fleetfeetrochester #yellowjacketracing and/or #fleetfeet on Instagram.

Wear it to post race breakfast in town or even all day



and the day after for Medal Monday

Be proud and wear that finisher gem!

Step 6: Thank a Volunteer .. or 2 or 3 or all of them!

Be sure to share that cupid's love with the volunteers! So thank ALL of them as you go by them!

Step 7: Awards | Course Info | Post Race Details

Awards are going to Top Overall Male/Female and Age Group Awards to Top Male/Female 5 year age groups. (19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up). **There will not be an awards ceremony so everyone can head out and get to breakfast or whatever they have that day.** You can pick up your award at Fleet Feet at the Armory from February 13th through February 27th. Awards are not mailed as they are glass framed certificates that are breakable.

The course is through the neighborhood around the school. [You can view the course map here](#). Although there are road marshals, they can be called away for an emergency so you are expected to know the course. The course and finish line close at 10:15AM. There will not be a water stop on the course, but feel free to carry water with you.

We will have bottled water for you when you finish. At the finish we will give all finishers their Post Race Snack Bag that has their medal inside that bag for you to wear everywhere. You must have a bib visible to get the post race snack pack, No Bib, No Medal. We do encourage you to stick around after and cheer your fellow athletes. Spectators are welcome to make signs and Athletes feel free to wear your most festive Valentine's gear of reds, pinks and hearts. Post race check out some of the local restaurants in Irondequoit and get your self a post race breakfast with friends.

Of course NO LITTERING! Please keep everything clean!

Step 8: Raise your Cupid's Cup!

We want to personally thank the Town of Irondequoit, Irondequoit Police Department, West Irondequoit High School and surrounding neighborhoods for allowing us to play on your streets, in your neighborhood and at your facilities for Cupid's Cup. We are so excited to be back after a 2 year hiatus. Registration closes Saturday, February 12th at Noon if you have friends and family who would like to join the fun.



The premise of Cupid's Cup and its bib color system stems from how Boots

and Ellen met. Boots and Ellen, married 19 years and are the owners of YellowJacket Racing and Fleet Feet, who is producing this event. Prior to their marriage, Ellen was a single girl in her early 30's looking for love in the early 2000's. So, she hosted "singles" parties at her home. The idea was everyone had to bring a single friend whether they themselves were single or not. The party attendance ranged from 20's to 60's in age, many married people who helped their friends with their love quest and many single people seeking a partner. It was such a diverse cast of characters. Well, Boots attended the second party Ellen hosted, and were married a little over a year later. Thus Ellen's singles parties ended, but Boots and Ellen created Cupid's Cup to help others with their love quest.

Cheers & See you at Packet Pickup!

2022 Race Calendar



Stay Up-To-Date on All the Premier Races in the Region!

The YellowJacket Racing Calendar has all the events you don't want to miss! Check out our calendar and update yours! Plus you can learn more on each event and register today.

[Learn More and Register for Races Here](#)

www.yellowjacketracing.com

ARMORY: 155 Culver Road | Rochester, NY 14620 | 585.697.3338

