

Hello Racers,

Well, it's finally here; we're only a week away from the inaugural Run 4 Our Rights! We are so excited and so grateful for you and your participation. You are making a difference in the fight for access to reproductive healthcare for ALL!

Here's the scoop:

We will all meet at Vilas Park Shelter. Link to map: <https://goo.gl/maps/BmQbVSSaeSF2>

Parking is available at the shelter if you are early, and there is street parking around the Vilas Park area, as well as a few other lots scattered around.

Your race packets will consist of your race bib, tee shirt, and a Run 4 Our Rights sticker. You will pick up these items at the shelter on the morning of the race, July 15, 2017.

Packet pick-up as well as day-of registration will open at 6:30 am and close down about 7:50 am.

If you haven't yet signed your waiver, please log into Active.com and complete that to expedite your check-in on the day of the race.

Representative Chirs Taylor will speak at 7:45 and the 10 K will start at 8:00 am followed by the 3 k at 8:15 am, once the 10 k runners are all on the course. We will not be keeping official times for the race so bring a watch if you wish to know your time. Both routes start and finish at the shelter and will be marked.

There will be one water station on the 10 k course and a recovery table with bananas and bagels at the end for all runners to refuel. We also have a medical tent staffed by ER physicians and nurses as well as a nurse at the water station.

Run 4 Our Rights staff will have pink visors on and you can find one of us if you have questions.

The band will begin playing at 8:30 am so we'll have music as runners begin to come in from the course. We will have several tables set up where you can get information and purchase items. We will have extra shirts and stickers for sale (\$15 for shirts and \$1 for stickers for R4OR). The Dane Dems and Planned Parenthood of WI will be there distributing information and SWAG!

Be sure to give us the tear off number on your bib and stick around after you're done running or walking. We will be pulling random bib numbers for prizes starting at 10:00 am.

Our weather policy is rain or shine, we're running. If there is severe weather, we will follow the city of Madison guidelines and let people know if they should leave the park.

Again, thank you so much for your support! You are truly making a difference as you Run 4 Our Rights.

Wishing you the best,

~Sandy and Josh.