

Hello Selfless Elf participants-

We are just a few short days away from the Akron-Canton Regional Foodbank's fifth annual Selfless Elf 5k! I hope you are as excited as we are to dash through the streets of Akron to help feed our neighbors in need this holiday season!

**Scroll down to learn more about:**

1. Early Packet Pick-Up: Friday, December 15, 12:30-5:30pm
2. Race Day Packet Pick-Up
3. Parking
4. Course Route & Race
5. Awards & Age Categories
6. Attire
7. Personal Belongings
8. Limited Restrooms
9. Four-Legged Friends

**1. Early Packet Pick-Up: Friday, December 15, 12:30-5:30pm**

For those of you interested in securing your runner bag and race bib ahead of time, please stop by the Akron-Canton Regional Foodbank (350 Opportunity Parkway in Akron) on Friday afternoon from 12:30-5:30 p.m. In addition, Selfless Elf runners are able to pick up packets for other race participants at this time as well. Runners will enter through the front door of the Foodbank located on Opportunity Parkway.

**2. Race Day Packet Pick-Up: Saturday, December 16, 6:30-7:45 a.m.**

Packets and bibs can be secured inside the Foodbank warehouse starting at 6:30 a.m. Runners will enter through the large garage doors located off Dart Avenue. Upon entering the building, please turn left, proceed through the Volunteer Center and enter our Commons area where the tables for preregistered runners are located.

**3. Parking:**

Please plan to arrive early to provide ample time to find parking. We have secured multiple areas for parking for this event. Lot A has the largest number of parking spaces and is at the Akron Urban League. Handicapped parking and parking for those with small children will be located in Lot B. Additional parking will be available at Lot C, D, E, F, G, H, I, J and K. Please do not park in the grass at any of these lots. Also, please note that Dart Avenue will close at 7:30 a.m. and Opportunity Parkway in front of the Foodbank will close at 7:45 a.m. to prepare for the race. To view the parking map, click the following link: [www.selflesself.com](http://www.selflesself.com).

**4. Course Route & Race:**

Due to construction, there is a new race route! The course, starting and ending at the Akron-Canton Regional Foodbank, will begin promptly at 8:00 a.m. and take participants through downtown Akron and

back. Our race is runner, walker, child and dog-friendly. This chip-timed race will be timed by RS Racing systems and will count as the first race towards the 2018 Subway Challenge Series. To view the new race route, please click the following link: [www.selflessself.com](http://www.selflessself.com). In addition, race results will be posted Saturday on [selflessself.com](http://selflessself.com). *New this year!* - free downloadable race photos with your chip time available on [www.selflessself.com](http://www.selflessself.com). Please share these free photos with family and friends on social media using #ACRFBelf.

#### **5. Awards & Age Categories:**

We will host an awards ceremony post-race inside our warehouse. The top three males and females in each age category will be recognized for the Run/Walk. The top two males and females in each age category will be recognized for Competitive Walking. We will also recognize the overall top three winners in the men's and women's divisions, the most dashing (best dressed) participant, and top fundraising VIP Elf. Post-race refreshments will be located inside our warehouse. To see a complete list of age groups, please click the following [www.selflessself.com](http://www.selflessself.com).

#### **6. Attire:**

We encourage all runners to dress for the weather and add some elf flare to your outfit! Your long-sleeved shirt and striped elf socks will be available in your runner bag to wear on race day. We look forward to seeing you spread holiday cheer through the streets of Akron! Also, additional socks and race shirts will be available for \$5 each at our Vintage Apparel booth after the race.

#### **7. Personal Belongings:**

The Foodbank doesn't have lockers or space available for personal belongings. Please leave anything you don't want to leave unattended, in your vehicle.

#### **8. Limited Restrooms:**

While we have port-o-potties conveniently located outside the Foodbank, indoor restrooms and changing areas will be unavailable on the morning of the race.

#### **9. Four-Legged Friends**

While we welcome four-legged friends on our race route, due to food safety, we are unable to allow them inside our building.

Thank you again for joining your Foodbank for the fifth annual Selfless Elf 5k! Please let me know if you have any questions. We look forward to seeing you on race day!

Warmest regards,  
Megan Birman