



**2023**

# Participant Guide

**Saturday April 1  
Easton Town  
Center**



**EASTON.**

**Make-A-Wish**  
OHIO, KENTUCKY AND INDIANA

**Speedy Sneakers  
RACING**

# WELCOME

Welcome and thank you for joining us at the 7th Lady Tutu 5k and Little Princess Dash. We are so very thankful to Easton Town Center for graciously hosting us on their property and hope you will have a most enjoyable time on race day.

Since the inception of this event, we have always thought of it as a non-competitive, but super fun event. The Lady Tutu 5k is an event where sisters, daughters, mothers, aunts and best friends can come together for a morning of healthy fun and enjoyment.

At this event, you will find a course that we have called, "the best tour of Easton." As you make your way around the course, take a moment to look around and see all the Easton has to offer.

Then when you finish, raise your arms in celebration and enjoy receiving a beautiful finishers medal for your accomplishment.



## SCHEDULE OF EVENTS

### Pre-Race Packet Pickup

- Thursday March 30
- 11:00 am to 6:00 pm

Road Runners Sports  
535 Lakeview Plaza Blvd, Worthington

### Race Day Packet Pickup

- Saturday April 1
- 7:00 am to 8:00 am

Easton Town Center  
Start/Finish Area - Across from Cheesecake Factory

### Race Start Times

- 5k Run/Walk: 8:00 am
- Little Princess Dash Start
  - Race #1 - Girls Aged 4 and Under: 9:10 am
  - Race #2 - Girls Aged 5 and 6 Years: 9:15 am



[www.ladytutu5k.com](http://www.ladytutu5k.com)

# PARKING

Easton Town Center has ample parking throughout the property. However, if you arrive late you are going to have to walk a long way and may not make it to the start on time. Plan to arrive early and enjoy the race atmosphere.

## Awards and Finisher Medals

### Finishers Medals

All finishers in the 5k run/walk will receive one of these custom medals for their efforts.

*When you are finished, please turn in your timing chip at the registration tent and you will receive your medal. Your timing chip serves as your official ticket to receive a medal. We do this so that only legitimate participants receive a medal.*



### Top Finisher Awards

First, Second and Third Overall (Female only)  
First Age Group (Female only)

14 and Under  
15 to 19 years  
20 to 29 Years  
30 to 39 Years  
40 to 49 Years  
50 to 59 Years  
60 to 69 Years  
70 and Older

*\*Due to the very small number of male participants in the event, we only have awards for female participants.*

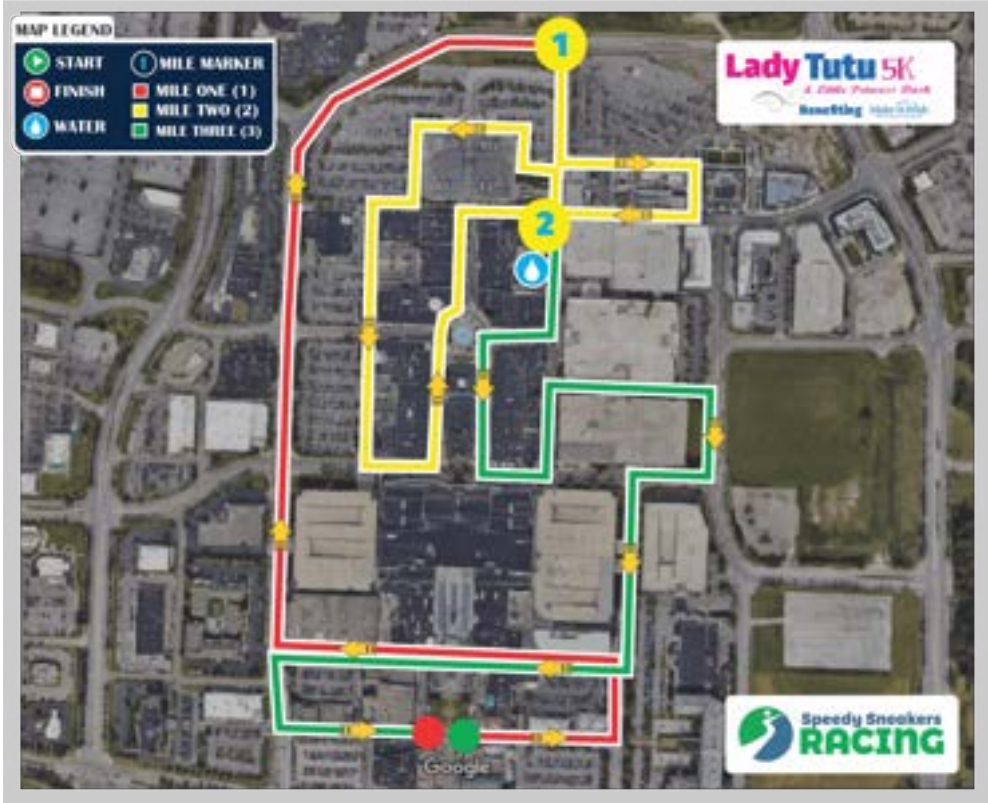


### Little Princess Dash

We will have very cute medals for all participants in the Little Princess Dash. These will be handed out at the finish line.



# Course Maps



# Timing Chips and Bibs

If this is your first time running or walking a 5k, please read these instructions carefully.

When you check-in / pickup your race packet, you are going to receive a white envelope. Inside the envelope will be a timing chip (shoe chip), a bib number and two twist ties. The timing chip will need to be attached to your shoe using the twist ties. The bib number should be placed on the front of your race shirt.



Please ensure you bring your shoe chip with you in the morning.

Your shoe chip will serve as your “ticket” at the end of the race to receive a medal. We want to ensure that only registered and participating individuals receive medals.

## Just some of the technical timing stuff

This event will be chip timed. Two times will be provided in the results. A "Chip Time" and a "Gun Time".

**Chip Time** - Is your actual time and starts when you cross the mat at the start and ends when you cross the mat at the finish.

**Gun Time** - Is calculated when the horn/gun sounds at the start of the race and ends when you cross the finish mat.

We will be using gun time to score and assign your finish position. If you want to be considered for any awards you should position yourself as close to the front of the starting group as possible. This complies with

**USATF Rule 245.3** - regarding transponder timing - "the actual time elapsed between an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time. In short, official time per USATF rule is gun time."

# START ORDER

START LINE

20:00 to 25:00  
5K Time

25:01 to 30:00  
5K Time

30:01 to 35:00  
5K Time

35:01 to 40:00  
5K Time

40:01 and Above  
5K Time



Runners ---Joggers ---Walkers ---Strollers



# SELF SEEDING

In order to ensure you run or walk with participants of your own pace, you should self seed yourself based on your anticipated race pace. Faster runners to the front, joggers in the middle, walkers and strollers towards the rear.



# FAQ's

**Q: Can I pickup race packets for my family members and friends?**

A: Yes you can but please bring a confirmation with you or a listing of their names (and shirt sizes) as this will speed up the check in process

**Q: I am coming from out of town, will there be race day pickup?**

A: Yes, race day pickup will start at 7:00 a.m.

**Q: How long is the Little Princess Dash Race?**

A: The first event, for kids aged 4 and under is approximately 250 yards long while the second event for the kids aged 5 and older the distance is approximately 350 yards.

**Q: Can I run/walk with my Little Princess?**

A: Yes

**Q: Will there be race day registration?**

A: Yes, while there are registrations available.

**Q. How early should I arrive?**

A. We recommend arriving at 7:00 am for two reasons.

- 1) Soak in the energy of the morning and
- 2) This will ensure you arrive in time for the start. The police will begin to close roads closer to the event start. You may have to walk a long way, potentially missing the start.

**Q. Can I place my shoe chip in my pocket or on my bib number?**

A. No, the shoe chip must be properly and securely placed on your shoe.

**Q. Can I swap my race shirt**

A. You can switch out all unworn race shirts at the end of the event.

**Q: What do I do with my shoe chip at the end of the race?**

A: Your shoe chip is your "ticket" to receive a medal at the end of the race. When you finish you will turn in your shoe tag and will receive a finishers medal. **No Shoe Tag = No Medal.**

## Results



## Donate

