



IMPORTANT PARENT INFORMATION! PLEASE READ!

FREQUENTLY ASKED QUESTIONS

What happens at the end of the race? How do I find my child?

Giant flags in colors **red, blue, green, and pink** will be at the Finish Fair for all to see. We recommend that you choose a color with your child and designate that color of flag for your meeting place. We plan to mark your child's bib with the color (a little reminder to them, in case they forget) and write your name and cell number on the back. Please remember the Finish Line is exciting and chaotic. Be patient while waiting for your child to make it to your designated meeting spot. If you get separated from your child, please go to the BOB FM Radio Station (in the center of the park) and they will announce over the sound system the name of the missing person.

Can I walk or run with my child?

We ask parents and/or guardians to stay off the race course. With nearly 1,100 participants, additional people on the course (especially grown-ups) cause confusion and unsafe conditions. If you would like to watch your child, you can walk alongside of the course. We also recommend that you find a same-age buddy to participate with your child; this gives them both extra motivation and companionship during the race.

What kind of precautions and security measures are taken to keep kids safe?

More than 200 volunteers team up with the Boise Police Department and Boise Motor Escorts to carefully monitor the race from start to finish ensuring the safety of the children. Volunteers will be wearing T-shirts with "VOLUNTEER" imprinting on the front. At the START, there are adult volunteers that stay with the children as they are organized in their individual age and gender groups.

Does my child have to run the entire race? What if my child cannot finish the race?

Kids of *all* abilities are encouraged to participate, regardless of their speed. Some children run the entire race, but many walk, skip, or a little of both. Just in case, we have members of the Includeability team from Boise High School who serve as race buddies and will be participating in the event to ensure no one is left behind. We also have an official pick-up vehicles for anyone not able to finish.

Remember – *everyone is a winner* and all participants receive a medal and refreshments at the Finish Fair.

ITEMS TO KNOW

RACE START

Please have all racers to the Boise Depot between 9:00 and 9:15 am on Saturday, June 4. The drop-off lane at Eastover Terrace closes at 9:30 am. Race start time will be 10:00 am. ***There is no registration or packet pickup on race day.*** You can get back down to the Capitol Building by going Crescent Rim/Latah/Americana or Crescent Rim/Peasley/Rose Hill/Vista/Capitol Blvd (please note - this route will be **CLOSED** after 9:40 am and traffic will be directed to Federal Way).

Race drop off is just that, drop off. Parents need to stay in their vehicles and allow the Saint Alphonsus Capitol Classic Race volunteers to escort their racers from the car to the proper starting areas. **Please do not get out of your vehicle. Tip: Take your pre-race pictures at home.**

Shortened/Adaptive Race Course: Those racers who are participating in the shortened course will meet at Dharma Thai & Sushi at the corner of Capitol Blvd & Idaho Street at 9:15 am – their race will begin at 9:30 am.



RACE BIB & TIMING

Please make sure that each child wears the assigned bib number – don't exchange numbers among siblings or friends. This is important to assure correct timing of all racers. Pin bibs in **all four corners** of the bib to the front of the racers' t-shirts in a visible location. We will be using a chip timing system again this year. The chip strip is on the back of the race bib. Please do not remove or fold this chip strip. This timing chip allows the racer's time to be timed from the START line to the FINISH line.

Please note: Race timing will be done "mat to mat." Each racer will be timed from when they cross the starting mat, to when they cross the finish mat. **This may mean that the individual who crosses the finish line first may not be the person who finishes the fastest.** For accurate timing, visit the ChronoTrack website. You are also able to set up real-time notifications for your racers through this website: <http://www.ymcatvidaho.org/runs/capitol-classic-childrens-run/>

Tips for Correctly Attaching Bib Numbers

Before leaving home:

- Pin your racer's bib number to the FRONT of their shirt using all four pins (as shown)
- Please DO NOT fold or wrinkle the bib
- Make sure the bib is clearly visible
- DO NOT cover the bib with jackets, belts, etc.
- If you have more than one child running, be sure each child is wearing his/her assigned number
- Give kisses and well wishes so they will be ready to join their age group when you drop them off at the Boise Depot



TIP: Have your child wear something distinctive, such as a colorful hair bow, bright shorts or crazy socks. This may help you recognize your child during and after their run.

PARKING

At the **START**, parking access is from Ruby Street. At the **FINISH**, there is parking in the downtown area near Capitol Park or in the garages.

FINISH

Parents, **PLEASE stay out** of the Finish Line chutes at the end of the race. Meet racers after the water station or at your designated meeting spot at your chosen colored flag – see Finish map.

ADDITIONAL INFORMATION:

- Start & Finish maps are included in the race packet.
- Children are encouraged to wear their 2022 Capitol Classic t-shirts on Race Day.
- Enjoy the Finish Fair in Capitol Park at the end of the race – but remember that the refreshments are for the race participants only.

Proceeds from this year's race will benefit the YMCA's Early Childhood Education program.

***Have FUN and THANK YOU for supporting the
38th annual Saint Alphonse Capitol Classic Children's Race!!!***