



**Thank you for registering - Race day is tomorrow!**

To make a successful and safe event for all please READ the full letter. [Watch "what to expect" here!](#)

**YOUR BIB** If you have not received your bib by race day see event staff before you race.

**COURSE SUPPORT ENDS 11:45AM**

**IMPORTANT MESSAGE:** You must run through the finish line mats on EACH loop for accurate split & finish times.

1 loop = 5K AND 4 loops = Half Marathon

5K Course Map [HERE](#) / HM Course Map [HERE](#)

**BATHROOMS** Porto Johns available on race site.

NYC Park Bathrooms available on Ave of Commerce at Mile 2 of the 5K and 4 opportunities for this bathroom in the Half Marathon.

#### HYDRATION

**During the 5K:** Water available near Mile 1.5 just past the Rocket Thrower Sculpture.

**During the Half Marathon ONLY:** 8 opportunities for water and 4 EnergIce on the course.

**Post Race for ALL:** Bottled water and EnergIce Vitamin Infused Frozen Hydration near Finish line.



Grab & carry hydration ice bar. 2oz Ice Bar = 13oz fluid replacement. Caffeine/Stimulant/Gluten Free.

**COVID** If you answer YES to any of the following you are not allowed to attend the event:

- (1) COVID-19 symptoms in past 14 days.
- (2) Positive COVID-19 test in past 14 days.
- (3) Close/ proximate contact with confirmed/suspected COVID-19 case in past 14 days.

**MANDATORY FACE COVERING** Bring your face covering to wear when not racing – before and after your run/walk.

**SOCIAL DISTANCE** Staggered Startline (participants spaced 6ft apart) and chip scored. “What to expect” video above.

**REMEMBER** Upon completion of your run please leave the finish area in a timely manner while others finish, spread out/observe social distancing and wear a face covering!

*We are here based on the good faith of our compliance - please use the utmost care to be optically following social distance protocols. Wear a face covering so we may be invited back! Literally, Parks personnel is paying attention to how we conduct ourselves - our actions impact the running community!*

For MORE INFO: <https://events.elitefeats.com/yomama21> scroll past all registration info to the bottom of the page.

Have fun and be safe!

**The Time Crew**

[elitefeats](#) | [Like Us](#) | [Run With Us](#)

SPONSORED BY

