

Run with the Roosters 4.5 Miler - A MUST READ!!!

June 17, 2023, 5:05 a.m. start.

5700 N. Sabino Canyon Rd. – Just north of Sunrise Dr.

Thanks for being a part of Everyone Runs “Run with the Roosters” at Sabino Canyon. We hope you enjoy it!

One thing that will be different about this event, compared to all of our events, is that we will not be playing music since we are in a residential neighborhood and sound bounces off the mountains. This will be a very “chill” quiet race, but we can all have fun with our running buddies 😊

Packet pick-up will take place as follows. Please note the exact locations and dates.

June 12-14, 10am to 6pm, ONLY at Fleet Feet on Tanque Verde (only for those registered before June 11)

June 15, 10am to 6pm ONLY at Fleet Feet on Oracle Rd.

June 16, 10am to 3pm ONLY at Fleet Feet on Oracle Rd.

Race day: 3:45am - 4:40am.

Parking Details: there should be plenty of parking in the Sabino Canyon main parking lot. Please remember that a Coronado National Forest parking pass is required. Use this link to purchase yours now: <https://www.recreation.gov/sitepass/74388>. You can also purchase it at one of the park kiosks. If you already have an annual pass, you are good to go!

Timing: this event will be chip timed event and you must wear your bib on the front of your body to receive a time. Your timing chip is on the back of your bib.

Event start/course: faster runners please place yourselves towards the front. This will ensure a safe and stress-free start. **No dogs are permitted.** The course travels north on the main road, then turns at the first right onto Bear Canyon Rd (also called Lower Sabino Canyon Rd.), which you will run until the turnaround to the trailhead of Seven Falls. Course monitors and signs will alert you where to go, but it is always your responsibility to know the course. You have until 7:00 a.m. to complete the course, no later.

Water/Aid Stations: we always encourage participants to carry their own water, especially when it will be hot out. We will have a water stop near mile #1, which you can catch in both directions. 16-ounce water bottles will be available at the Seven Falls turnaround. If you take a bottle, it is your responsibility to carry it with you until you can properly dispose of it. No littering.

****We do encourage you to bring your own water bottle. We will have plenty of water for you to fill your bottle if need be.**

Awards: overall male and female for 1st, 2nd and 3rd place take home a custom Rooster trophy and a special award. We will also have 1st and 2nd place trophies for the father/son and father daughter categories.

- 5-year age groups will be determined on race day.

- Overall winners will be removed from age-group qualification.

- Complete results will be available by 11am at everyoneruns.net. If you enabled result tracking when you signed up for the race, you can find your results on your phone as you finish.

Shirts: for those of you that ordered shirts, they will be handed out at the race. You can choose to pick it up before or after at our tents near the start/finish line. Shirt size exchanges, if available, will only be made after all participants have their shirts. We do not give out medals, but rather finisher shirts.

Shirt extravaganza: we have lots of leftover shirts from past events. Simply wear a past Everyone Runs' race shirt and you can grab a free Everyone Runs' shirt. Look for this at our tents near the start/finish line.

Post-race food, drink: when you cross the finish line grab yourself a free bottle of water and enjoy our always Free Mexican Breakfast. We'll also have free shaved ice!

Photos: event photos will be posted a few days after the race at www.flickr.com/everyoneruns. Photos are always free to download in any size.

Thank you for joining us!

Any Questions? Call 520-797-7867 or email s.landau@comcast.net. Do not call or email after 5pm on Friday June 16 - we need our pre-race sleep!