

# “A Run Above” for A Park Above

September 21, 2019

A Run Above will take place in Rio Rancho at the beautiful A Park Above and the adjoining Linear Park Trail. Please support this fundraiser of the A Park Above Foundation. Our Foundation works in conjunction with the Rio Rancho Parks and Recreation Department to maintain and improve A Park Above, the winner of the 2016 “Best of City Park” by the Albuquerque Magazine. This is a unique park that was created through the efforts of community, city, and state funds and donations to provide a park that is all-inclusive - where the play equipment is designed for ANY person with ANY ability! For further information about “A Park Above” visit the City of Rio Rancho Park and Recreation Department’s informational page at [www.rnm.gov/2710/A-Park-Above](http://www.rnm.gov/2710/A-Park-Above).

## Event details and schedule

**Event Location: A Park Above** | 2441 A Park Above Ct. NE | Rio Rancho, New Mexico 87124

### Event Schedule

7:45am-8:45am: Race Day Registration, Race Packet/Goodie Bag Pick-up

9:00am: 5K Outer Loop & Inner Loop Run Start

10:00am: 1K Inner Loop Fun Run

### 5K Run Course:

**Outer Loop** (chip timed-place medals awarded). The Outer Course uses the Linear Trail and goes down to the Black Arroyo. It will be measured to USTAF standards but because it is partly dirt it cannot be a certified course. Please keep in mind this is an all terrain course.

**Inner Loop** (clock timed-participation recognition). The Inner Loop is our course that is fully accessible. It is inside the park consisting of 12.5 loops on the concrete sidewalk. It is a USTAF certified course.

**1K Run: Inner Loop** (untimed-participation recognition)

**MAPS OF COURSES ARE AVAILABLE ON THE [RACE REGISTRATION SITE](#)**

**Registration:** Online Registration will be open on [active.com](http://active.com) until September 18, 2019.

**Registration cost:** Youth (0-11yrs) \$20, Adult (12yrs&up) \$35

Discounted registration fee of \$30 before August 1, 2019.

### Categories

– **Age groups:** Youth (0-11yrs), Adult (12yrs&up)

– **Team Registration:** \$5 discount for each member of a Team(\$30@registrant)

– **Companion Registration:** For those who need a companion to assist them to run, walk, or roll the 1K/5K, the registration fee is \$5 for the assisting companion.

– **Event Sponsors:** Free Registrations with Event Sponsorship. Number of free registrations is dependent on amount of sponsorship.

**Race Day Registration:** Race Day registration will be open from 7:45am-8:45am at the Registration Table at A Park Above.

**Parking:** Please park in designated areas only. Parking attendants will help assist with parking options.

**Bathroom Facilities:** ADA approved bathrooms are located within A Park Above.

## Start Information

**Inner Loop:** The start of the race for the Inner Loop is within A Park Above. There will be a gun start and a clock timed finish.

**Outer Loop:** The start of the Outer Loop course will be just outside the entrance to the park on A Park Above Ct. There will be a gun start and a computer timed finish.

**Race (Bib) Number Requirements:** Participants for will receive a bib number (Participants running the Outer Loop will have a bib number with a chipped timing device) that must be worn on race day. Your bib number must be visible and worn on the front outside of all clothing during the entire race so that it may be clearly seen. Bib numbers are non-transferable and MUST be worn by the runner to whom it is assigned.

**What is NOT allowed on the course?** For everyone's safety inline skates, motorized scooters, bicycles, skateboards, and animals of any kind (except for Certified Service Animals) are prohibited from the course. Strollers and baby joggers must start at the back of the pack and your child must be secured in the stroller at all times. Those using strollers and baby joggers may want to choose the fully paved course.

**Refund:** There will be no refunds or transfer of registration.

**Incident Weather Policy:** Weather forecasts will be monitored prior to the event paying special attention to the possibility of heavy rain, thunder and lightning, high winds and extreme temperatures. If necessary, athletes will be made aware of these predictions by email so that participants can properly prepare for severe weather during the race, or possible race delays or cancellation. The Race Director will monitor the weather and make a decision if any action will be taken to modify the race.

**Medical Support:** A first aid station will be on site with a nurse practitioner to assist you at any time. Radio communication personnel will be positioned at every water station along the course.

**Finish Information:** Each participant's time and either participation recognition (for 5K Inner Loop and 1K Fun Run) or awards (for the 5K Outer Loop) will be available at the end of the run near the Registration Table. Award winners for the 5K Outer Loop will also be posted on the A Park Above website.

## Awards for 5K Outer Loop Course

Age group prizes will be given for the Outer Loop Course to the top three male and female finishers in the following categories: 0-11yrs and 12yrs & older.

**Post Race Refreshments:** Post race refreshments and food vendors will be located near the finish within A Park Above.

**Support:** Decide where your family and friends can cheer you on when you most need the support. There will be water stations along the course.

**Volunteer Information:** Volunteers are still needed to help! Please contact A Park Above Foundation at [info@aparkabove](mailto:info@aparkabove) if you would like to volunteer to help on race day.

**Race Questions and Information:** A Park Above: [info@aparkabove.org](mailto:info@aparkabove.org)