

IPA5K Race Series Frequently Asked Questions

Can I pick-up my race number on race day?

Yes, number pick-up will be available on race day before the race starts. Please be sure to review the runner packet prior to the race for a complete schedule of events and specific timing.

Will there be race day registration?

The race has a limited field and registration will close when that limit is reached. Be sure to register early.

Can I run with my dog or push a stroller?

The IPA5K Road Races are officially sanctioned USATF events.

A USATF sanction is an official designation issued by USATF, through the New England USATF Association, which approves and licenses the holding of a competitive track & field, long distance running or race walking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators. Under USATF rules, strollers and dogs are not allowed on the course.

Can I run with headphones?

Headphones are not banned but discouraged to ensure runner safety.

What are the age group category divisions used for awards?

There are 10 year age groups from Under 18 years to 60+ years old. Per USATF rules, gun times are used for scoring.

Where can I park for the race?

Please be sure to review the runner packet prior to the race for full race day parking details.

I didn't pick up my award after the race, can you mail it to me?

Our awards ceremony features a classic podium to honor each winner. Award winners must be present at the ceremony. Awards will not be mailed after the race.

What is the time limit for the race?

The course will be open and supported for one hour. Runner safety is everyone's top priority. Local police, EMTs and an ambulance will be available for one hour to help ensure everyone enjoys the day - and remains safe.

Are the roads open to traffic?

Yes, the roads are open to traffic. Area police departments will monitor and control traffic along the route. Additional police details and volunteers will be positioned at key turns and intersections.

My GPS watch was off. Is the distance accurate?

The 5K course is USATF Certified. Please be sure to review the article regarding GPS watches and accuracy.

[GPS Watches May Not Track Runs Accurately - NYTimes.com](#)

Can I get a refund or transfer to another race if I registered but can't run?

No, all registrations are non-refundable and non-transferable. Once you have registered for a race, your entry fees are non-refundable, non-exchangeable, and non-transferable under any and all circumstances, including, but not limited to, cancellation of the event or of your participation.

Can I exchange or transfer my race entry to another runner if I registered but can't run?

No. Exchanges or transfers of race entry to other non-registered runners are not permitted. Violators of this policy will be disqualified from the race and will not be permitted to run at other YuKan races.

Can I be guaranteed my shirt size?

No. Shirts are ordered well in advance and the sizes provided are used as estimates to complete the order. For the best chance of receiving your preferred size, be sure to pick up your shirt as early as possible. Shirts will not be mailed.

What if there is a storm or inclement weather on race day?

There is no rain/snow date for this race. The race director reserves the right to modify, shorten, or cancel the race in the case of inclement weather or unforeseen circumstances that make the race unsafe. Race management will work with town and city officials to determine if a cancellation is required.