



Where is the race located? The race starts and finishes at the River West Festival Park located at 2100 S. Jackson Ave. Tulsa, Oklahoma.

When does the race start?

- 7:00pm 1 Mile Fun Run
- 7:30pm 5K Race
- 7:00-10:00pm Midlife Crisis Band will play

Where do I park on race day? Please reference the parking map! There is ample parking but please try to show up early. History has it that most runners try to show up about 45 minutes prior to the race. The streets become very backed up and you will be sitting in a very long line for a while to get to parking. Please try to keep this in mind and show up early!

How much does it cost?

- 5K with a cuff all ages \$60
- 5K without Cuff 13 & over - \$30
- 5K without a cuff 12 & under \$20
- Fun run with a cuff all ages \$45
- Fun run no Cuff 13 & over \$20
- Fun run no cuff 12 & under \$15
- Virtual Run with a cuff and mailed packet \$55
- Virtual Run with a cuff local, pick up packet \$50
- VIP Package! VIP Package includes 5k race, t-shirt, Rustic Cuff bracelet, VIP parking pass inside River West Festival park, VIP tent access along with VIP restrooms.

How do I make sure that I get a Rustic Cuff bracelet? You must pre-registered by April 22 to get a cuff. If you are not registered by April 22 you will NOT receive a cuff.

Do I get a t-shirt with my registration? Yes, register by April 15, 2017 to guarantee shirt size. However, shirts are limited and will be first come first serve by entries after April 15 until shirts run out.

How do I register for the Rustic Cuff Run?

• Now until May 9th Walk-in registration is available at RunnersWorld Tulsa, 3920 S Peoria until 5:00PM on May 9. Cash or check only for paper registration at RunnersWorld Tulsa. There is no packet pick-up at RunnersWorld Tulsa, only preregistration. RunnersWorld Tulsa Store Hours: Mon-Wed, Fri, Sat: 10am-6pm, Thu: 10am-7:30pm, Sun: 1pm-5:00pm

o Online Registration: <http://runnersworldtulsa.com/events.html>



- Walk-in registration is available ONLY May 10 from 10:00AM til 8:00PM or May 11 from 10:00AM til 5:00PM at Pinot's Pallet, 1621 East 15th St.
- May 12th at the event starting at 4:30PM.

Where do I pick up my Packet and Cuff? Packet Pickup is available for all registered runners at Pinot's Pallet on Cherry Street, May 10 from 10:00AM til 8:00PM -11 between 10:00AM and 5:00PM or at the event on Friday starting at 4:30PM. Cuffs will be distributed at the time that you pick up your race packet. Virtual run packets for those that paid to have it mailed, will be mailed out on Wednesday, May 10.

Virtual runners that are not having packets mailed will pick them up during the regular packet pickup times at Pinot's Pallet.

What is a race packet? Your race packet contains your shirt, race number and cuff.

What is a Virtual Run? A virtual run is one that you do on your own at any point and time because you cannot make it to the event itself. Please do not sign up for the Virtual run and then try to use your number to run on race day!

Can you mail my packet to me? The only packets that will be mailed will be to the virtual runners that live at least 25 miles from 3920 S. Peoria and have signed up with the mailing option.

Can a friend pick up my packet for me? Yes

Can a friend or a family member run with me if they did not enter the race? No.

What if I cannot make it to the race? Can I get a refund? We are sorry but we do not give refunds. Those registered who are unable to participate may still pick up their runner packet at normal packet pic-up time at Pinot's Pallet before the race or at RunnersWorld Tulsa for two weeks after the event.

What is the age limit for the races? There is no age limit to either the 5K or One Mile Fun Run. However, it is recommended that young children be supervised at all times as it will be dark and very crowded.

Do I need a timing chip? YES. For the 5K only, it is a chip-timed race. Chips will be on the back of your race number and must not be removed.

What happens if I leave my race number at home? All participants in both races must have a race number. If you forget or lose your race number, you must go to the race registration tables to get a new number issued.

Where do I wear my race number? Your race number must be visible on the FRONT of your body. If you think you may shed a shirt or a jacket during the race, we recommend that you safety pin your number to the front of your shorts/sweats/tights/costume.

Will sports drink be available at the hydration stations? Water will be available on the course. After the run, water will be available.



Will Energy Gel be provided on the course? No. You must bring your own.

What is the course time limit? The course will remain open till the last walker comes through, however if you cannot walk 3.1 miles in one hour and 15 minutes, we suggest you enter the one mile Fun Run instead.

Are strollers allowed in the races? Strollers are only allowed in the Fun Run and they must start towards the back of the race pack.

What type of costumes are allowed? Any costume that will allow you and the entrants around you to run safely is permitted. Many children attend this event so costumes should be PG or better.

Will There be Awards?

Yes, there will be awards for the following groups:

- Top 3 overall male and female in the 5K will receive a unique Rustic Cuff Gift Set
- Top 3 in standard 5-year age groups in the 5K will receive a Rustic Cuff Gift Card

What other activities will there be on race day? DJ music will be playing from 4:30-7:00PM

The Fabulous Mid Life Crisis band will play from 7:00PM until 10:00PM. Hang around after the race and “Rock” out and dance the night away to your favorite tunes.

A small sample of Beer will be available for those that are 21 and over with your drink coupon located on your race #. Beer will also be available for sale at the event. Water will be available for all runners.

There will also be numerous Food Trucks on hand selling food and drinks. Bring your wallet and plan to hang out after the event to enjoy the music and the fun!