When:
Sunday, September 20
Where:
El Pomar Youth Sports Park
2212 Executive Circle | Colorado Springs
Free parking available onsite

TIMELINE:
9:00am  Registration Opens
10:00am Wave 1
11:15am Wave 2
12:30pm Wave 3
1:45pm Wave 4
3:00pm Wave 5
4:30pm Celebration of Hope

COVID 19 Notice - Your Safety is Important to us!

- Please note we will follow CDC guidelines - we recommend participants wear masks during the event when possible...So don’t forget your mask!!
- Please continue practicing social distancing throughout the event, hand sanitizer will be available.
- Due to participant number restrictions, we kindly ask that once your wave is completed you enjoy our food trucks and festivities in the parking lot. All volunteers, children and attendees must be accounted for, even if not registered for the race.
- The Memorial Tree Planting Ceremony will be broadcast on Facebook Live.

Race Day Highlights!

- Swag Bags & Cotton T-shirts for all participants raising $35 minimum donation
- Individual & Team Awards
- Celebration of Hope Tree Planting
- Selfie Station
- Dj Ludwig - House of Groove
- Spray The Love
- Car Window Poetry

Food Trucks!!
11:00am - 3:00pm  Tons of Fun Hot Dogs
12:00pm -3:00pm  Josh & Johns Scoop Bus
12:30pm - 4:30pm Heavenly Blessings

THANK YOU FOR YOUR SUPPORT!
Everything you need to know

Timing & Awards:
There will be two different courses this year, a 3k walk course and a 5k run. This will be an in and out course. For live participants there is a timed component:

Individual Awards:
* Top Three overall male and female based on chip time.
Award: Wellness Package

Awards to be announced & presented at 4:35 on Facebook Live during Closing Ceremony & Celebration of Hope

Team Awards:
- **Coast to Coast**
  Team with most team members from different states
  Award: QPR Training for 30

- **We've Got Spirit**
  Most creative way to honor a loved one
  Award: Memorial Banner, QPR Training for 30

- **PSA Contest**
  Most creative PSA Video about Suicide Prevention
  Award: Video distributed to partner organizations & special dinner from PPSPP

- **Show me the Money**
  Team that raises the most money
  Award: Self-care gift box, QPR training for 30

Race Day Photography:
We encourage you to bring our own camera and take phones, tag #Raceagainstsuicide
We will have a selfie station as well as professional photographers on race day to capture the special memories.

Refund & Cancellation Policy:
Colorado’s weather can be unpredictable - the race will be held rain or shine so please dress appropriately. Should the race be cancelled for any reason, no refunds will be issued & your entry fee will be a donation to PPSPP.

Pet/Stroller Policy:
Strollers & pets are ok, just ask that you please keep pets leashed at all times & pick up after them.
Reminder - children can participate but we must account for them in our participant numbers.

Bag Check: There will not be a bag check, so please come prepared.

#itstartswithme Merch
Purchase your #itstartswithme merchandise at https://www.bonfire.com/itstartswithme/

Memorial Tree Planting Ceremony:
For this years memorial ceremony, our partners at Heartbeat will be planting a tree. Biodegradable papers will be provided to include a personal note to loved ones, these papers will be planted with the tree during the ceremony. Due to restricted participant numbers, this event will be broadcast on Facebook Live.

Spray the Love:
Join the movement and help us create somethin #lovely to commemorate the 2020 Race Against Suicide. Instructions and supplies will be available onsite. Thank you to #spraythelove!

For more information visit www.pikespeaksuicideprevention.org/race-against-suicide
Directions to El Pomar Youth Sports Park
2212 Executive Circle, Colorado Springs, CO

From I-25, take the Circle Drive exit (Exit 138)
Head east on Circle Drive (away from the mountains)
Turn right on Janitell Road (next to McDonald's)
Turn left onto Executive Circle
Turn left into the parking area

For more information visit www.pikespeaksuicideprevention.org/race-against-suicide
Race Course Description
This year’s race course will begin from El Pomar Youth Sports Complex - 5k runners will begin first and head north, followed by walkers who will head South. Only runners will be timed. The route is a mostly flat dirt trail that follows Fountain Creek Trail.

5k Run

3k Walk

For more information visit www.pikespeaksuicideprevention.org/race-against-suicide
BIG THANKS TO OUR SPONSORS, OUR VOLUNTEERS & ALL THAT MADE THIS EVENT POSSIBLE!