



iRun4Life Kids Only 3K Race Top 10 Frequently Asked Questions

1. **Q:** Can a parent run with their child?
A: No. This is a 'Kids Only' race. Your child has trained for this race and has practiced running with their friends. Please let them show you how capable they are.
2. **Q:** But, my child has special needs – can a parent run with them?
A: Yes – Please email Francine Guinan at Race@iRun4Life.com and she will give you a volunteer vest and bib.
3. **Q:** But, my child is in Kindergarten – can a parent run with them?
A: We have found that young children love to follow the older kids, and they will be happy running with the other runners. If you feel your Kindergartener needs assistance, please contact Francine Guinan at Race@iRun4Life.com
4. **Q:** We have last minute change of plans and can't run the race. Can I get a refund?
A: No, like all running races, there are no refunds.
5. **Q:** I forgot to register my child for the race. Can we register on race day?
A: Yes, but your child may not get a race t-shirt.
6. **Q:** Is the race ever postponed or cancelled due to rain?
A: No, the race is not postponed or cancelled, but the start of the race will be delayed if there is lightening and/or thunder. The race goes on rain or shine.
7. **Q:** What if my child can't run the whole distance. Can he/she walk? Will he/she get lost?
A: Children can run and/or walk the course. There are many volunteers in red t-shirts on the course and no one will get lost. We also have a sag wagon behind the very last runner to make sure all children have finished the race.
8. **Q:** What if my child falls? Are there first aid volunteers on the course?
A: Yes, we have 2 first aid volunteers who walk the course who have first aid kits with them, and we have an ambulance on call.
9. **Q:** Is there a water stop?
A: Yes, there is a water stop half way on the course.
10. **Q:** What happens if I can't find my child at the end of the race?
A: At the end of the race, all children receive finisher medals and are directed to the food and water tables. Please look for them there. If you still can't find your child, please go to the DJ and he will announce your child's name and you can meet at the DJ tent.