



THANK YOU TO OUR SPONSORS!



Earth Day 5K

Presented by Pine Gate Renewables

EVENT GUIDE

April 20, 2024

Please take a moment to review the event guide below, prior to race day.

On your marks... get set.... go!

PARKING:

Parking will be at Carrier Park (220 Amboy Rd, Asheville, NC 28806)

Please note, you should be parked at Carrier Park no later than 9:15am to allow 5-7 minutes to walk down the sidewalk to The Outpost (521 Amboy Rd) where packet pickup and the start line is located.

Parking will NOT be available at The Outpost venue.

Biking to the event is encouraged to reduce our carbon footprint and bike racks are located at the entrance of The Outpost for your convenience!

If you have accessible parking needs, please email earthday5k@greenbuilt.org to coordinate.

[VIEW MAP](#)

PACKET PICKUP:

We will have two Packet Pickup sessions. We strongly encourage you to pickup on Friday!

- **Early Packet Pickup- Friday, April 19th, 3:00-6:00pm at Jus' Running** (523 Merrimon Ave). Please park in the Jus' Running parking lot. To minimize congestion, walking or biking is encouraged if you live nearby.
- **Day-of Packet Pickup- Saturday, April 20th, 8:30-9:30am at The Outpost** (521 Amboy Rd). We will not accept runners at packet pickup after 9:30am. The 5K race begins promptly at 10:00am, so we encourage everyone to arrive by 8:30am to ensure you get through the line. Look for signage pointing you towards packet pickup.

Please be sure to arrive early enough to allow time to get your things and get them back to your car before the race starts. Or if you choose to do so, you can check in to receive your bib and/or race t-shirt and pick up your goody bag after you finish the race.

Participants must register online [HERE](#) before arrival at packet pickup.

RACE INFO:

The 5K and 1 Mile race both start and finish at The Outpost, right by Carrier Park. 5K runners should line up at the front with the 1 Mile runners in the back. Please be sure your bib is visible on the front of you.

5K CHIP-TIME Race Start: 10:00am

Course Cutoff: 12:00pm

[View 5K GPS Course Map](#)

- The 5K Race is open for all participants to start at 10:00am and participants will not be allowed to start after 10:05am.
- We highly encourage competitive runners that are participating for the chance to win an award to please make your way to the first few rows at the starting line.
- There will be one water station on the course that will be utilized twice, located mid-race in the French Broad River Park area.

1 Mile Fun Run Start: 10:10am

[View 1 Mile GPS Course Map](#)

- 1 Mile Fun Run is open for all participants to start at 10:10am and participants will not be allowed to start after 10:15am. The 1 Mile Fun Run will be untimed.

Stroller friendly? No problem! The 5K and 1 Mile course is flat with mixed surfaces including some dirt trails. Participants with strollers are encouraged to position themselves in the back at the starting line.

Dogs allowed? Well-behaved, leashed dogs are welcome to participate with their owner.

Keep in mind the course is open to the public during the event. We do expect foot traffic and possibly bike traffic during the event. Stay to the right of the path at all times. Please pass on the LEFT and call out when approaching someone walking or riding their bike on the path.

AWARDS:

The top 3 male and female overall 5K finishers will receive an Earth Day 5K medal, Jus' Running gift certificate, and Drip Sauna gift certificate. The top 3 male and female finishers in several age categories will also receive a medal and gift certificate from Jus' Running.

The awards ceremony will take place near the start/finish area at approximately 11:00am. Winners must be present at the awards ceremony to receive a prize.

Learn more about prizes and award categories [HERE](#).

POST RACE:

View the race results [HERE](#).

- Runners will each receive a free beer thanks to our beer sponsor, French Broad River Brewery. You MUST bring your ID with you and present to the servers at The Outpost.

- Enjoy post-race snacks and drinks, including JAMBAR organic energy bars and Green Sage Cafe's hibiscus tea and Larry's coffee.
- Water stations with compostable cups will be available, bringing your own reusable bottle is encouraged.
- ENO hammock stands will be available, so bring your ENO!
- Post your photos on social media with the hashtag #EarthDay5KAVL and tag @greenbuiltorg!
- The after-party is open to the public at a suggested donation of \$10 at the door. We encourage you to bring friends to cheer you on at the finish line!

Sign up for a free post-race Drip Sauna session! We're incredibly excited to have Drip Sauna available at our event for 15 minute sauna sessions. *When reserving your time slot, please keep in mind your anticipated end-time for your race.* **To reserve your spot, go to drip-sauna.com/earthday-5k or click the button below.**

BOOK A FREE SESSION!



[For all other questions, see our FAQ page](#) or reach out to us at earthday5k@greenbuilt.org.

We can't wait to see you at the start line!