



# Frequently Asked Questions (FAQs)

## Registration

- **Can I register as part of a team or family members?**
  - Each person will need to submit their own registration. Click here to register: <https://theseanbrockfoundation.redpodium.com/22-for-22>
  
- **If I register for the event but cannot participate on Race Day, can I receive a refund or transfer my registration to another person?**
  - Unfortunately, all registrations are final and registrations cannot be transferred to another participant. Your registration does count as a donation, so we thank you for your generosity!  
\* Please note: This event will happen rain or shine.
  
- **I don't want to run or walk, but can I volunteer to help out with the event?**
  - Of course!! We would appreciate any help you can provide to support our event. To do this, you would need to register as a volunteer on the "2.2 for 22" secure online registration. You can find this link by going onto the Las Positas College website and clicking the Students tab< Veterans First Program< 2.2 Challenge Walk & 5k Run then scroll down and hit the link below "Register Today!". Once you are there, scroll down and make sure you check the registration box that states "Volunteer for Event" as you register.
  - Registration site: <https://theseanbrockfoundation.redpodium.com/22-for-22>





## Race Day Information

- **I can't attend Packet Pick Up Day. What should I do?**
  - Packet Pick Up will also be offered the morning of the race starting at 7:45am. Please arrive as early as possible to avoid waiting in line. The 5K race will start promptly at 9:00am and the 2.2 k at 9:15am.
  
- **Can someone else pick up my race packet for me?**
  - Yes, you can have someone else pick up your race packet for you. Please have them bring a copy of your race registration.
  
- **Should I wear a costume?**
  - Yes! Costumes are highly encouraged to promote community fun!
  
- **I have a small child. Can I race with a stroller?**
  - Yes!!! In the spirit of family involvement, strollers are encouraged! We kindly ask participants with strollers to allow other racers to pass safely and stay single file on the course.
  
- **Will I have to pay for parking?**
  - No, parking will be FREE on race day in parking lots D + E.
  
- **What if it rains on race day?**
  - This event will happen rain or shine.





- **Are we allowed to run the 5k or 2.2 Challenge Walk without registering?**
  - No, you must have a race day bib to participate in both events.
  
- **How do I get my time? Do I need to attach my timing chip?**
  - No, the timing chip is already on the bib!
  
- **Can I bring pets to the race?**
  - We know your pets are considered part of the family. However, we ask that you please leave them at home during the event unless they are service dogs.
  
- **Will there be water stops along the course?**
  - Yes, water stations will be located around the course and will also be provided at the start/finish line.
  
- **Will there be sufficient aid and medical assistance on the course?**
  - We take the safety of our participants seriously. Water stations and support personnel will be positioned along the course. Plus, a first aid kit will be stationed at the start/finish line. The official race staff is trained to manage any situation that may arise. However, we ask that you help us out by being prepared for the race, so don't forget to train!





## Volunteers

- **When should volunteers arrive?**
  - Set-up will begin at 7 am. Please arrive by 7 am and check-in at the VOLUNTEER Registration Table for check-in and check-out.
- **What tasks will volunteers be asked to do?**
  - Volunteers may be asked to help in the following areas: water station, parking, set-up tables/chairs/canopies, help elderly or disabled with mobility challenges, set-up cones or stanchions, help with signage and decorations, be greeters and direct walkers or runners, sell tickets for lunch for non-runners or non-walkers, assist at a Challenge Station.
- **What is the attire for the volunteers?**
  - Wear comfortable walking shoes, comfortable clothing (dress in layers in case of inclement weather), a hat.

## Challenge Stations

- **Will those working the Challenge Stations receive a tee-shirt?**
  - Only volunteers, runners and walkers will receive a tee-shirt.
- **For on-campus clubs or organizations, will the fee be waived?**
  - Yes, it is critical that deadlines are met for marketing and planning the challenge route.

Please email questions, that we have not addressed to  
[lpcveteransfirst@laspositascollege.edu](mailto:lpcveteransfirst@laspositascollege.edu)

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