

Frequently Asked Questions

Q: Do I have to be a runner to participate?

A: No! Many of our participants are walkers or just event day supporters.

Q: How do I know if I can walk the 5K?

A: A 5K walk is approximately 3.1 miles. If you can walk for an hour, you are probably covering the distance.

Q: Do you allow baby joggers/strollers?

A: Yes, but for everyone's safety they must **start at the back of the race field** and **walk only** during the event. Running or jogging while pushing a stroller is not allowed. Following these guidelines will prevent accidents as well as avoid harm to yourself, your child and other runners. There is no extra fee; you do not need to register a child riding in a stroller. Sorry, wagons are not allowed.

Q: Do I have to be a certain age to participate?

A: The Helen Gold 5K / 10K is open to all ages. Last year, our youngest participant was under one year old (Kids Fun Run), and our oldest was 86 years young.

Q: Can I run with my dog?

A: Sorry, dogs are not allowed on the race course.

Q: What happens if I register & pay and I get sick or I don't attend the race? Can I give my entry to someone else, or get my money back?

A: Sorry, this is a charity event and all entries are non-refundable and non-transferable. No exceptions.

Q: I'm not familiar with La Paloma Plaza Shopping Center. Where is it, and where exactly does the race start?

A: La Paloma Plaza Shopping Center is located at 119th Street & Glenwood, on the west side of The Cheesecake Factory & Whole Foods Market in Overland Park, Kansas. **From the North:** Take I-35 South to I-69 South; Exit 119th Street. Turn left onto 119th Street. Proceed approximately 2 miles. The center will be on your right. **From the South:** Take I-69 North; Merge onto Blue Valley Parkway. Proceed to 119th Street. Turn right onto 119th Street. The center will be on your right. **From the West:** Take I-435 East; Exit Metcalf Ave.; Turn right onto Metcalf. Turn left onto 119th Street. The center will be on your right. **From the East:** Take I-435 West; Exit Nall Ave.; Turn left onto Nall. Turn right onto 119th Street. La Paloma Plaza shopping center will be on your right (6755 W. 119th Street). The race starts and finishes on Glenwood just East of Johnny's Tavern and West of Whole Foods Market on the street. Events will be held within the La Paloma Plaza shopping center. (View Map.) Plan to arrive no later than 7:25 a.m. Overland Park Police will restrict traffic on the course 7:30 a.m. to 9:30 a.m. and you may have trouble getting in.

Q: Where should I park?

A: Parking is available at The Fountains shopping center (East side of Glenwood) and La Paloma Plaza (West side of Glenwood) 119th & Glenwood and in the Lot located behind (South) Johnny's Tavern with access off of Glenwood.

Q: What time do I need to be there on Race Day before the start?

A: If you have already picked up your race packet on **Friday, September 11th between 11am – 6pm**, we recommend that you arrive at La Paloma Plaza shopping center no later than 7:25 a.m. You'll want to allow time to get through the port-a-pot line, check any extra clothing, and visit with the other excited participants and sponsors. If you need to pick up your packet on **Race Day, September 12th, registration tables open at 7am** and will remain open throughout the event. All races begin on Glenwood. The 10K run starts at 8 a.m. followed by 5K runners, then the 5K walkers. Note: Overland Park Police will restrict traffic on the street course from 7:30 to 9:30.

Q: Can I register on the day of the race?

A: Yes. Registration tables will be located under a tent at La Paloma Plaza (Glenwood & 119th Street) and open at 7 a.m. and will remain open throughout the event for registrations, donations and purchasing t-shirts (current & previous years). The last day to register on-line is Noon on Thursday September 10, 2020.

Q: Can I pick up a race packet for someone else?

A: Yes, but please make sure they know you are picking it up for them, so they don't come in themselves and find it missing.

Q: How do I find out my finish time?

A: Results & Awards will be announced immediately following the race. They will also be posted on the New Balance Kansas City store window at The Fountains shopping center and will be seen through the "Results" link on our website at www.HelenGold5k.com immediately following the race.

Q: Who benefits from this event?

A: 100% of all proceeds from the Helen Gold Run/Walk help fund the Parkinson's Disease Research Center at the University of Kansas Medical Center (KUMC) which is a Parkinson Foundation Center of Excellence for clinical care, research and education.

Q: What if I have a question not answered here?

A: Please email RaceDirector@G-KDevelopment.com or call 913-677-1700.