



HOW TO BE A SUPER HEAR-O!



1. CHOOSE YOUR EVENT:

- ⚡ 5K TRAIL RUN
- ⚡ 5K ROAD RUN/WALK
- ⚡ ONE-MILE WALK/ROLL/STROLL

OPTIONS FOR ALL AGES & ABILITIES!

2. REGISTER!

SCAN THIS BARCODE OR VISIT:

RUNSIGNUP.COM/RACE/NY/ROCHESTER/RHSC/SUPERHEARO5K



Register Your Event



3. BOOST YOUR SUPERPOWERS!

ASSEMBLE A TEAM!

SEARCH EXISTING TEAMS IN RUNSIGNUP OR CREATE YOUR OWN WHEN YOU REGISTER!

MYSTERY PRIZE FOR TOP EARNING TEAM!



4. FUNDRAISE!

CREATE A FUNDRAISING PAGE WHEN YOU REGISTER & SHARE IT WITH FAMILY & FRIENDS ON SOCIAL!

EARN AWESOME PRIZES WHEN YOU REACH YOUR FUNDRAISING GOALS!



5. RACE DAY!

SUN. JUNE 30TH | SENECA PARK

PACKET PICKUP BEGINS AT 8AM. ALL EVENTS BEGIN AT 9AM.

SPECTATORS WELCOME!

RAFFLES, NETSIN'S ICE CREAM TRUCK (FREE FOR THOSE WITH RACE BIB), SNACKS & FAMILY FRIENDLY FUN!

\$50 LEVEL

\$100 LEVEL INCL. ABOVE PRIZE

\$250 LEVEL INCL. ABOVE PRIZES

\$500 LEVEL INCL. ABOVE PRIZES



YOUR CAPE!
PICK UP ON RACE DAY

