



## Hi Gateway Cupcakkers!

Thank you for participating in this super sweet event! Here is a bit of helpful info for you to know **before** the event.

**Packet Pickup/Registration Fri, Nov 3 at Big Shark 1155 Big Bend, 63117 1:00 pm – 7:00 pm.**

**RACE DAY Packet Pickup/Registration at Forest Park starts at 7:30 am @ Central Fields (east side).**

### HOW IT WORKS:

Run/Walk. Enter Cupcake Corral. Eat one (yeah, just one) cupcake ***in the corral***. Take the “3” minute chip with you. Run/Walk to the next corral. Repeat (up to five times) until you reach the finish line. You can earn a maximum of 15 minutes in time deductions.

After crossing the finish line hand your chip(s) to a “cupcake counter”. They will calculate your time deduction which will be subtracted from your overall run time for your “cupcake adjusted time”. Non-Eaters...you know what to do...

### SAFETY:

St Louis Fire Department/EMTs will be on standby. Course Marshals and volunteers will be stationed along the run route. Please note the event happens rain or shine. Lightning, tornadoes, and/or other unpredictable forces may delay or cause the event’s cancellation. IF there is a cancellation there will be no refunds.

### PARKING:

Please park in the UPPER and LOWER MUNY Parking lots or in the Visitor’s Center lot. Please **DO NOT** park on the streets that comprise the course or in the Steinberg Skating Rink Lot to avoid being ticketed. Thank You.

### RESTROOMS:

Port-a-Potties and trash cans will be located near the start/finish area.

### FRIENDLY REMINDER:

Forest Park is a great place to recreate- please help us keep it clean by hanging onto your trash until it can be thrown in a trash receptacle located at each cupcake corral or in the Start/Finish Area.

Thank you for registering for the Gateway Cupcake 5k. There are lots of events to choose from and we appreciate your participation in this locally owned and operated event!

**Your Big Shark Events Crew**

