**SAVAGE RACE**

**RACE DAY Information 3/**

[**2462 HARMONY GROVE CHURCH ROAD  DALLAS, GA**](https://www.google.com/maps/place/2462+Harmony+Grove+Church+Rd,+Dallas,+GA+30132/data=!4m2!3m1!1s0x88f54825299a6a9d:0xa5b17becaaa6f6b1?sa=X&ved=0ahUKEwiUkeLn9-HYAhUD7WMKHRl4CXIQ8gEIJjAA)

SavagePRO men will start at 8 AM. SavagePRO women will start at 8:15 AM.

The three start time windows for open wave runners to choose from on the registration form are as follows.

1.) 8:25 - 9:25 AM - $14 upgrade, premium start time window

2.) 9:30 - 10:25 am

3.) 10:30 - 11:30 am

LIONHEARTS  (Including teens, competitive, everyone,) We race at 11:00  together. ONE obstacle at a time, until ALL cross!

***It’s the Lionhearts way.***

***The youth may run an extra lap, with the parents discretion. They will be with parents and maybe other racers, not the Lionhearts Team at one obstacle at a time. In other words, they can fly through it on lap two.***

SAVAGE RACE HAS SPONSORED OUR YOUTH,

Please be respectful, and courteous, and represent the Lionhearts community in the best way possible.

**Parking**

We do not have paid parking. Parking costs $15. Per Car and they do not accept cash.

We suggest you arrive an hour and a half before your start time, because of the walk from the parking lot. The hike from parking to the Lionhearts Festival Tent can be a trek. Bring a wagon and other festival items.

We would like to have you at the tent an hour before we start. We rally the youth and get their bibs pinned on.

Your youth have been adequately trained to handle this course.

All youth will race the course 1x together, stopping at each obstacle for ALL to get across. They will do this for the WHOLE Course.

The older teens and coaches will run alongside the youth, in the 1-mile race.

Coaches and Parents may not help the Racers with obstacles, but teammates (under 14,) can!

Please stay off the course.

Our youth do a great job in assisting their teammates.

**PARENTS When taking photos, use your telephoto. We have a photographer on the field who often gets your back in the unusable shots of your child.**

I know many of our youth can race the 2 mi. We have signed the whole team, as a team to race the 2 miles.

THEY WILL race to an obstacle, WAIT FOR ALL YOUTH to accomplish the obstacle, and then run ahead to the next.

Your youth have the option to opt out after completing the first mile. THEY WILL ALL FINISH TOGETHER, HOLDING HANDS, and afterward, there is an option to sit out the second lap.

You will then wait, to cheer on those who chose to finish the 2 miles and applaud them at the finish line.

We are spending the whole day at the Festival grounds.

**Checklist of what to bring**

**What to wear:** Lightweight, Lionhearts T-shirt, underwear, and shorts, thin breathable socks (NO COTTON) Light sneakers with good drainage and tight fitting. ***They can get lost in the mud.***

NON-Aerosol Sunscreen and bug spray

Backpack, lunch, water bottle, snacks, fruit (label water bottles and backpacks)

A complete extra outfit. You’ll want to change after the race. They will have hoses.

Flip Flops/slides are a popular choice. Their feet are often wet, and swollen.

A small bag for all odds and ends. Put your name on it.

Bath Towel, Large plastic bag for dirty clothes.

Water – the more the better

I like a garbage bag for my car seats for the ride home.

**Staying hydrated before, during and after a race is a key and the single most important element for you to perform to the maximum.**

Adults/Teens

ID, Money, and Directions to and from the venue. Emergency Phone numbers of Coaches

This is a CASHLESS event. Please be sure to have a credit/debit card or contactless payment method ready for purchases you may wish to make.

There is no spectator age limit. All are welcome, but the youth spectators are your responsibility.

The Lionhearts tent is very easy to find when you enter the Festival Grounds! Have a GREAT TIME.

Coach Luccketta, Slade, Stacie, Sara and shell