



Feel Good 5K & 1-Mile Fun Run

1. Are strollers allowed?
Yes, this is a kid-friendly and stroller-friendly event. Bicycles are not permitted.
2. Are dogs permitted?
No. We ask that you please leave your pets at home.
3. Where do I park for the race?
We encourage people to park in Parking Lot 4 on Sheppard Pratt's Towson Campus. There will be overflow parking available onsite.
4. What happens if there's inclement weather?
We race rain or shine. We are unable to provide any refunds.
5. Will water be provided for participants?
There will be one water station with cups on the course. Water and snacks will be provided at the finish line for race participants.
6. Where do I find race results?
At the top of the RunSignup page, you will see the 'Results' tab. Select the correct distance and type in your bib number or name to see results.
7. When is the cut-off for registration?
Online registration is open through 11:59 p.m. on April 27. You can also register at packet pick-up. Registration will not be available on race day at the event.
8. When/where is packet pick-up?
Packet pick-up will be located at Sheppard Pratt's Towson Gymnasium (Near Main Entrance – Parking Lot 2) 6501 North Charles Street, Towson, MD 21204, Thursday, April 27, 3:00 p.m. – 7:00 p.m.; Friday, April 28, 3:00 p.m. – 7:00 p.m. There is no packet pick-up on race day.
9. Will there be an award ceremony after the race?
Yes. Medals will be awarded to the top overall male, female, and non-binary winner, as well as the top three male and female runners in the following age groups: 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older. All children 12 and under will receive a finishers medal for completing the 5K and/or 1-Mile Fun Run.
10. Will my award be mailed to me if I am unable to pick up after the race?
Yes, we will ship medals to those that are unable to pick up after the race.