

PRIDE 5K INFO

Registration

Register online at sageupstate.org/pride-5k through June 11-- for either in person or virtual. You can also register at the park on June 14 from 7:30 to 8:30 am.

Registration costs:

\$25 through March 31
\$30 from April 1- June 11
\$35 on event day (June 14)
\$35 Virtual (includes mailing shirt)
\$15 Kids 12 and under



Shirts and Swag

You can pick up your shirt, race bib, and swag bag at SAGE Upstate, 431 E Fayette St in Syracuse, on June 12 and June 13 (time TBA). You can also pick up your packet up on race day at the park. The cost of virtual registration includes mailing shirts to you, but you can also pick up shirts in person at one of our packet pick-ups.

Participating Virtually

You can run, walk, skip, dance or sashay this 5k anywhere, anytime! A 5k is 3.1 miles. So, have a s 20-40 minute run, or an hour walk. Send us photos at pride-5k@sageupstate.org.

Dogs

We love our four-legged, furry friends, and they are welcome on a leash. We ask that you make sure they are friendly to people and pups, and stay out of the way of serious runners.



Where and When

We are back at Long Branch Park this year! On June 14, find us at 3813 Long Branch Rd, Liverpool, NY 13090.

Time: Step off is 9:00 am. Please make sure to arrive at least 15 minutes before start time as the road will be closed for the start of the race. If you are picking up your packet, come early. You can also register at the park that day.

Parking: Park in the Long Branch Park parking lot. Remember, the road closes at 8:45, so get there before then.

Getting Your Results

After the race, you can find your results at runsignup.com/Race/Events/NY/Liverpool/CNYGay5kLiverpool

The Course

A 5k is 3.1 miles, which typically takes 20-40 minutes to run, or an hour to walk. It is a flat out-and-back course with a water stop. The race begins at the Long Branch Park parking lot and proceeds over the bridge. The course then turns right and proceeds along the lake with a turnaround at the half way point. There are restrooms at the race start and near the turnaround.

Refreshments

There will be a water stop near the halfway point. At the finish line there will be water, juice, yogurt and granola bars for racers.

Merch

This year you we're offering Pride 5K caps, long sleeved t-shirts, and hoodies. You will have the option to select items during the registration process by clicking on the "store" tab. You can also go back after you've registered to select items. the direct link to the merchandise store is: runsignup.com/Race/Store/NY/Liverpool/CNYGay5kLiverpool

Merchandise is available whether or not you sign up.