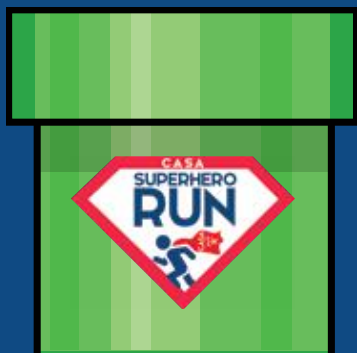




CASA SUPERHERO RUN *RACE GUIDE*



WHAT IS CASA?

CASA of Central Virginia is a nonprofit organization that recruits everyday heroes, like you, to advocate for abused and neglected children in the greater Lynchburg area. Court Appointed Special Advocate (CASA) volunteers are trained and supported by our staff. They are from diverse backgrounds and vary in age. The common thread—their passion for making a lifelong difference for children.

Since 1989, CASA of Central Virginia has advocated for more than 5,000 children with nearly 700 volunteers. We challenge you to learn more, get involved, and change your community for the better.

LEARN MORE AT A CASA INFORMATION SESSION

THURSDAY, NOVEMBER 14 / 6 PM

WEDNESDAY, NOVEMBER 28 / 6 PM



REGISTER ONLINE [CVCASA.ORG/VOLUNTEER](https://www.cvcasa.org/volunteer)



CASA

Court Appointed Special Advocates
FOR CHILDREN

CENTRAL VIRGINIA

EVENT DETAILS



Packet Pickup @ Riverside Runners

November 2 11:00a.m.-6:00 p.m.

November 3 11:00a.m.-6:00 p.m.



Saturday, November 4, 2023



Percival's Island Nature Trail

1600 Concord Turnpike; Downtown Lynchburg

see map on pg. 10-11



9:00 AM Festival Opens

9:55 AM Assisted Athlete 5k start

10:00 AM 5k Run start

10:05 AM 5k Walk start

10:45 AM Awards Ceremony

Age group awards, adult costume contest awards, and door prizes.

Door prizes are based on bib number. You must be present to win door prizes.

Can't stay? Get your race results online at lynchburgsuperherorun.com



11:45 AM Kids Run **RED HEAT**

11:55 AM Kids Run **GREEN HEAT**

12:30 AM Kids Finish Line Dance Party

Dance party includes kids costume contest awards, fundraiser awards, and door prizes based on bib number. Must be present to win door prizes.

After each heat of the kids run, parents with a matching bracelet may pick up their child in the parent/child meet-up corral. Get your bracelet at packet pickup.

MERCH

Purchase Superhero Run shirts and capes from 2023 and previous year's races at our merch tent!

2023 SHIRTS & CAPES: \$10
available starting at 9 AM

**PREVIOUS YEAR'S
SHIRTS & CAPES: \$5**
available anytime



FESTIVAL MAP



PHOTO OP BY



UPPER CRUST PIZZA CO.
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HAMLETT HOUSE COFFEE
\$



CARICATURE ARTIST



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COSTUME CONTEST



HILLCATS INFLATABLES

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THE MIKE SHOW

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MERCH
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VOLUNTEER CHECK IN



CASA
INFO



FIRST AID



BAG CHECK

SPECTATOR CHEER ZONE

START

START
FINISH
LINE
CORRAL



PARENT/CHILD MEET UP



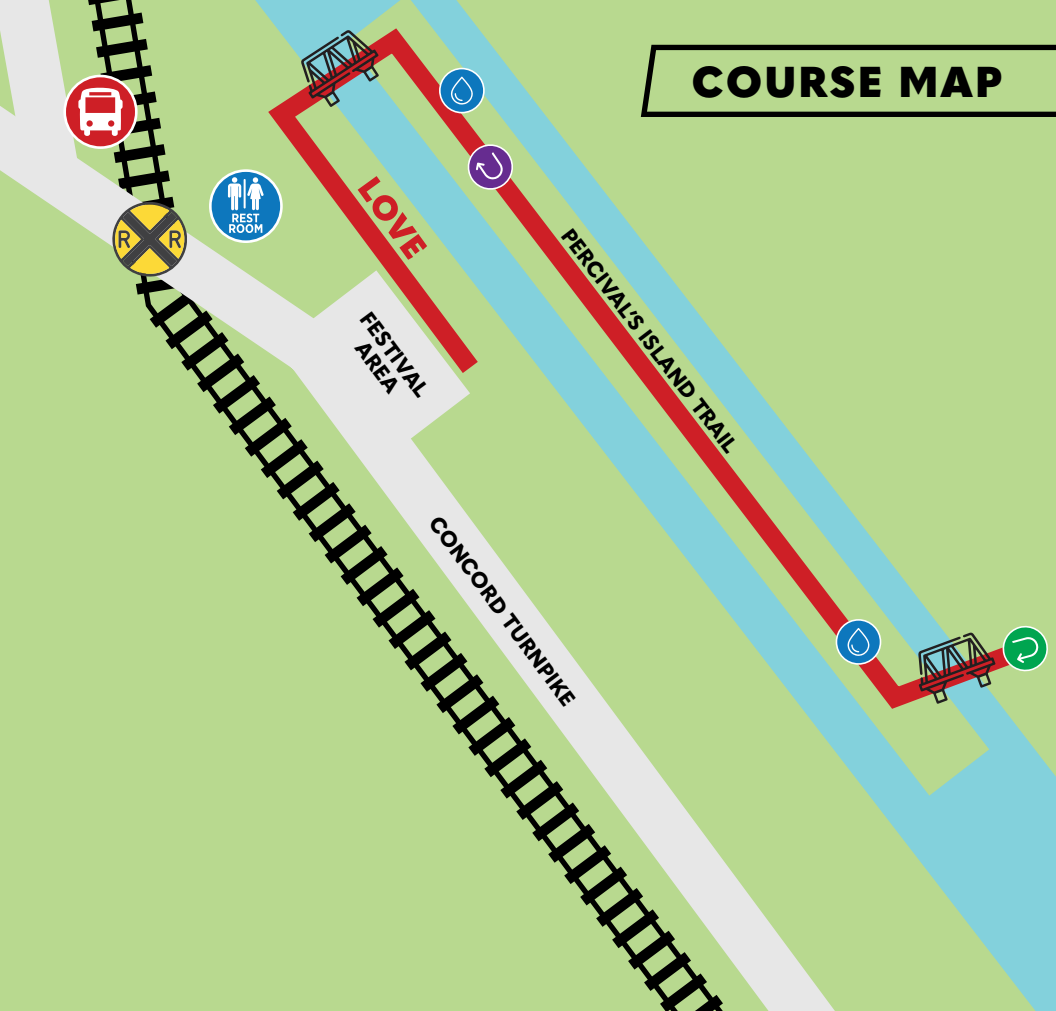
CONCORD TURNPIKE

JAMES RIVER

LOVE
SIGN



COURSE MAP



The Superhero Run course is an out-and-back race on a paved trail. Both the 5k and Kids 1 Mile races start and end at the Percival's Island parking lot/festival area. The Kids Run turnaround spot is shortly after crossing the first bridge. The 5k turnaround spot is shortly after crossing the second bridge. There will be one water stop on the Kids Run course and one water stop on the 5k course.

COURSE KEY

 SHUTTLE PICKUP / DROPOFF

 WATER STOP

 KIDS 1 MILE TURNAROUND

 5K TURNAROUND

FUNDRAISE FOR SWAG

We want to thank everyone who signed up to fundraise for CASA during registration. Every dollar raised helps us provide a voice, a real superhero, to children who have been abused or neglected.

TOP FUNDRAISER

- Win a staycation package filled with local gift cards

RAISE \$1,000

- Be entered to win one of our surprise packages

RAISE \$500

- Receive a 2023 Superhero Run hoodie
- Get your name listed on CASA website as a Crusader

RAISE \$250

- Receive a refund on your race registration

TOY AND COAT DRIVE

CASA is partnering with Foster Fuels and our local Department of Social Services to collect new or gently used coats and new and unwrapped toys. If you'd like to help, bring these items to our Bag Check Truck on race day.



COSTUME CONTEST

Save those Halloween costumes or make your own and see if you have what it takes to earn the top award. Fill out a costume contest entry form available at packet pickup on Friday or at the Costume Contest Tent on race day.

CATEGORIES

- Best Traditional Superhero (Man & Woman)
- Best Invented Superhero (Man & Woman)
- Best Traditional Superhero (Boy & Girl)
- Best Invented Superhero (Boy & Girl)
- Best Superhero Baby
- Best Superhero Family

PRIZES

Winners will receive a prize and free entry for next year's Superhero Run!

Adult categories will be announced at the 5K awards ceremony which begins at 10:45 a.m. *Entries must be received by 10:30 a.m.* Kids and families will be announced directly after the last kids heat finishes. *Entries must be received by 11:45 a.m.

COSTUME CONTEST SPONSOR



SPONSORS

A special thank you to our sponsors! Without your generous support and time, the Superhero Run would not be possible. Thank you for changing a child's story!

SHIRT



VOLUNTEER



FESTIVAL



FUNDRAISING + AWARDS



Lynchburg #715

COSTUME



CAPE



BIB



COURSE



BILLBOARD



REFRESHMENT



MEDAL



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BAG



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INCREDIBLE



POWER



SUPER

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F. Read Hopkins Pediatric Associates • Mobile P.A. Productions •
The Idea Center • Rise Up Climbing • Proforma • One Way Out



RACE MAP

- Official race parking is the **Midtown Parking Deck**. Enter from Main St., 9th St., or Commerce St. Take the elevator down to the lowest level (Level E) where you can catch the Superhero Run shuttle to the race start. Shuttle Stop is on Commerce St. in front of the Midtown deck. Shuttles will run in continuous loops from 8:30 AM - 1:30 PM.
- Additional street parking is available along Jefferson, Commerce, Main, and Church Streets. Most spaces are free and unlimited on the weekends. If you park in a private lot (restaurant, loft/condo, business, etc.) that clearly states parking for customers/tenants only, you may be ticketed or towed. Please obey all street and parking sign
- The Percival's Island lot will be cosed for race festival activities. Only vendors who are unloading/loading are allowed in this lot.
- Handicap parking is available in our volunteer parking area. Please see parking attendant near the race start for assistance.



PLAN TO ARRIVE 30 MINUTES EARLY

Please plan to arrive at least 30 minutes in advance of your race start time to ensure you have time to find parking and enjoy the festival activities, costume contest, and food trucks. If you need to pick up your packet, you will need to arrive even earlier to ensure you're at the start line on time.



SHUTTLES RUN FROM 8:30 AM - 1:30 PM



SHUTTLE ROUTE



**MIDTOWN
PARKING DECK**



FREE PARKING



PAID PARKING



THANK YOU!

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