



CASA 2022

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 17 / 6 PM

WEDNESDAY, NOVEMBER 30 / 6 PM

REGISTER ONLINE CVCASA.ORG/VOLUNTEER



CASA

Court Appointed Special Advocates
FOR CHILDREN

CENTRAL VIRGINIA



EVENT DETAILS



Saturday, November 5, 2022



Percival's Island Nature Trail

1600 Concord Turnpike; Downtown Lynchburg

see map on pg. 8-9



9:00 AM Race Day Packet Pickup and 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 and door prizes. Door prizes are based on bib number. You must be present to win.

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

11:00 AM Kids Run **RED HEAT**

11:15 AM Kids Run **BLUE HEAT**

11:30 AM Kids Finish Line Dance Party

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

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 2022 and previous year's races at our merch tent!

2022 SHIRTS & CAPES: \$10

available starting at 11 AM

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

available anytime



FESTIVAL MAP



LOVE
SIGN



ROOKIES
\$



BLACKWATER
COFFEE
\$



Lynchburg
Dealerships
MOVING FORWARD...

THE MIKE SHOW

FRATERNAL ORDER
OF POLICE

BIKERS AGAINST
CHILD ABUSE



CARICATURE



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COSTUME
CONTEST



HILLCATS
INFLATABLES

AWARDS
CEREMONY



MERCH
\$



CASA
INFO

VOLUNTEER
CHECK IN



FIRST
AID

PACKET
PICKUP



BAG
CHECK

SPECTATOR CHEER ZONE

START

START
FINISH
LINE
CORRAL



PARENT/CHILD
MEET UP



CONCORD
TURNPIKE

JAMES
RIVER

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 2022 Superhero Run hoodie
- Get your name listed on CASA website as a Crusader

RAISE \$250

- Receive a refund on your race registration

FUNDRAISING SPONSOR



**Superheros
come in all
shapes and
sizes.**

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Superhero Run.

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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!

Winners will be announced at the Kids Run finish line dance party around 11:45 AM. Entries must be received by 11:30 AM.

COSTUME CONTEST SPONSOR



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COSTUME
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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!

VOLUNTEER



REFRESHMENT



COSTUME



FUNDRAISING



MEDAL



BIB



FESTIVAL



COURSE



CAPE



COUCH CRUSADER



CHAMPION



EXTRAORDINARY



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INCREDIBLE



POWER



SUPER

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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 7:30 AM - 12:45 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 7:30 AM - 12:45 PM



SHUTTLE ROUTE



**MIDTOWN
PARKING DECK**



FREE PARKING



PAID PARKING



THANK YOU!

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WHO SUPPORT
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VIRGINIA!**



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