



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





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











THE MIKE SHOW

FRATERNAL ORDER OF POLICE



BIKERS AGAINST CHILD ABUSE





S CARICATURE



Pinnacle FACE PAINTING







HILLCATS INFLATABLES

AWARDS CEREMONY





MERCH







CASA







BAG CHECK







START

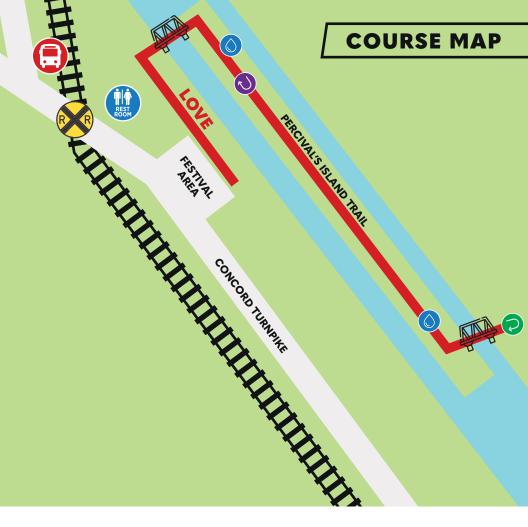
START FINISH LINE CORRAL



PARENT/CHILD **MEET UP**







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
- **(1)** 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 will 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



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.



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



FESTIVAL



REFRESHMENT



COSTUME



COURSE



FUNDRAISING



CAPE



MEDAL



COUCH CRUSADER



BIB



CHAMPION



EXTRAORDINARY











INCREDIBLE































POWER



























SUPER

The Idea Center • Campbell Insurance • Billingsly Insurance • Sarah Girten Interior Design • Framatome • Spirit FM • Davidson, Doyle, & Hilton • Loper Financial • Lynchburg Hillcats • Dolan Group • Rise Up Climbing • Koffee Kup Restaurant • Veratis Polygraph Services • YMCA of Central Virginia • Edward Jones (Matt Burkey) • Tuck Chiropractic • Levi Templeton Creative Productions • Wingfield Paint & Contracting • Proforma Think Ink • The MidState Group • Restoring Peace Counseling

• Orthodontic Arts • Kratos Fitness



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.









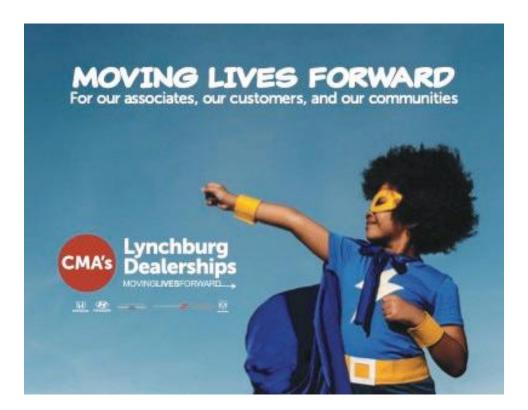






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