

Refuge Run 5K 2014

April 19, 2014 8:30 a.m.

Race Route: Turn by Turn

Turn Right From Start line at the gates of City of Refuge onto Joseph E. Boone Blvd., NW

Turn Right on Troy Street, NW

Turn Left on Mobile Street, NW

Turn Right on Ollie Street, NW

Turn Left into Washington Park

Turn Right on Lena Street, NW

Turn Right on Ollie Street, NW

Turn Right onto Martin Luther King, Jr. Drive, SW

Turn Right on Burbank Drive

Turn Right on Gardenia Street

Turn Left on Stafford Street

Turn Left on Bronx Street

Turn Right on Burbank Drive

Turn Left on Joseph E. Boone Blvd

Turn Left into the City of Refuge Gates and head to the start line.

CITY OF REFUGE REFUGE RUN 5K

Saturday, April 19, 2014

Participant & Spectator Information

START TIME

8:30 a.m.

Finish Line Closes: 10:00 a.m.

START/ FINISH Area: Gates of City of Refuge, Inc.,

1300 Joseph E. Boone Blvd., NW Atlanta, GA 30314

*180 DEGREE KITCHEN FOOD STATION

After crossing the finish line, participants will be directed to the 180 Degree Kitchen Food Station to receive water, a freshly baked cookie and other food items. Participants will need their race bibs to receive post-race food.

***T-SHIRT STATION**

Participants will receive their dry fit t-shirt after the race. They will need their race bibs to receive their t-shirt.

***5K PARTICIPANTS:** The Refuge Run 5K will have one wave of runners that will start from the City of Refuge Gates at 8:30 a.m. Please listen for announcements to tell participants to head to the start line to begin the 5K at 8:30am. Your race bib will show your race number.

AMENITY LOCATIONS

*Restroom Facilities

The main restrooms for the Start and Finish of the race will be in the 180 Degree Kitchen.

Additional Restrooms can be found in the warehouse opposite of the 180 Degree Kitchen.

*Information/ Lost and Found/ First Aid

A lost and found station and a First Aid area sponsored by St. Joseph's Mercy Care will be available.

*Results Tent

The Results Tent will be located in the central area between the two City of Refuge warehouses.

PARKING

Important Notes

-Remember the MARTA station name where you parked

-Wherever you park, lock all personal items and valuables

If you plan to drive to the Start-Finish area, please carpool and allow extra time to drive, park and walk to the Start area. Try to arrive at City of Refuge by 7:30 a.m. There are two parking lots located to the left and right of the City of Refuge entrance. Parking Volunteers will be on hand to direct traffic. Overflow parking will be available at the American Legion (1349 Joseph E. Boone Blvd).

The start area of the race is walking distance from both locations. We encourage participants to take MARTA to the Refuge Run.

Hours of Operation:

MARTA buses operate weekdays from approximately 5 a.m. to 1:00 a.m. and until 12:30 a.m. weekends and holidays. Bus schedules may vary by neighborhood.

Train Frequencies

Weekdays: 6 a.m. to 7 p.m.: 15 minutes all lines

Weekdays: 7 p.m. to 1 a.m.: 20 minutes all lines

Weekends: 20 minutes all lines

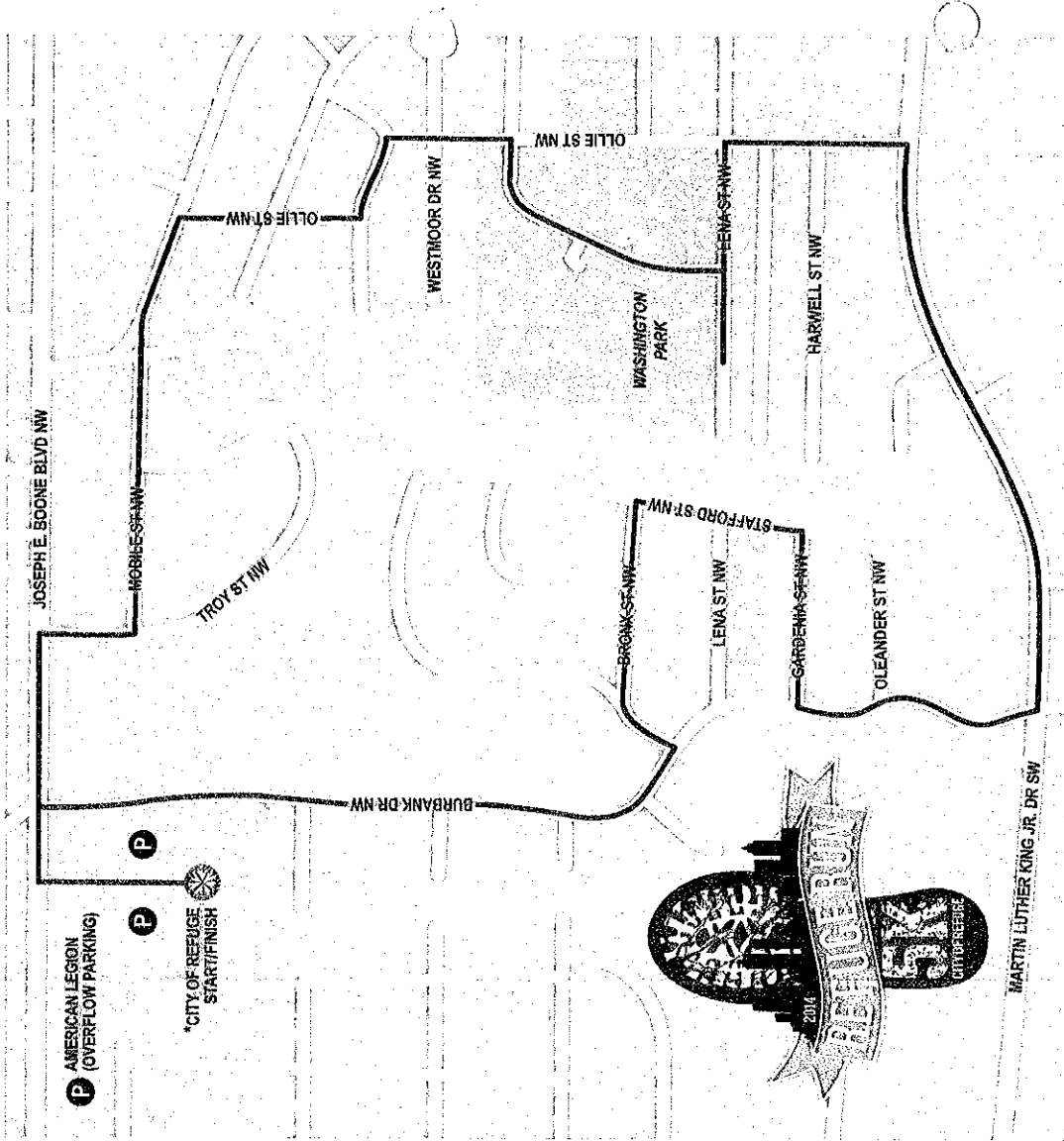
Train Service Hours

Weekdays: 4:45 a.m. to 1 a.m.

Weekends: 6:00 a.m. to 1 a.m.

After 9 pm, Red line travels between Lindbergh & North Springs

After 9 pm, Green line travels between Bankhead & Vine City



5 SIMPLE STEPS TO RIDING MARTA:

1. Plan your trip. Use mycommute.ltismarta.com to create personalized trip plans, view schedules and find the MARTA bus stops or train station closest to you.
2. Get a Breeze Card. All riders must have a Breeze Card to access the bus or train. Breeze fare can be purchased at a Breeze Vending Machine located in all 38 rail stations or at any of the MARTA RideStores (Airport and Five Points).
3. Load Value on your Breeze Card. Fares can be loaded on your card at the Breeze Vending Machines, MARTA RideStores and on the MARTA website.
4. Tap your Breeze Card. Go to the train station or bus stop closest to you (remember to be a few minutes early) and tap your Breeze Card on the blue target to pay your fare. Once your card has been read, you will have access to the system.
5. Exit to destination or transfer. Tap the blue target with your Breeze Card to exit the train station. You may transfer for free by tapping again immediately on the bus or at the station at your point of exit.



CITY OF REFUGE