



Scleroderma Foundation Michigan Chapter Hideous Holiday Sweater Run Guide

Dig deep and find your inner hideous. Deeper in your closet, still, where the likes of cheery snowmen and bedazzled snowflakes adorn sweaters and cardigans dwell. That hideous holiday sweater may never make the high fashion runway, but it's still perfect for our run: the Hideous Holiday Sweater Run on Nov. 8, at Kensington Metropark in Milford, Mich.

Run or walk a 13K or 5K course, and help raise money for the Scleroderma Foundation Michigan Chapter.

SCHEDULE OF EVENTS – Nov. 8, 2014

- Registration Opens 8:00 a.m.
- 13k Starts 9:00 a.m.
- 5K Begins 9:10 a.m.

The Hideous Holiday Sweater run will be held at Kensington Metropark, 2240 W. Buno Road in Milford, Mich. Registration opens at 8 a.m. Yes, it's early but that gives you more time to hang with us and your running/walking brethren. 13K runners will be called to the start line at 9 a.m. The 5K run will leave about 10 minutes later.

PACKET PICKUP

Details will be determined as we get closer to the event

WEATHER

As Michiganders, we have tough skin when it comes to weather conditions. Not many people can say they have experienced all four seasons in one day. Rain, sleet or snow won't stop our party. However, if Mother Nature decides to schedule lightning and thunderstorms, we may have to rethink logistics. If there are any rumors of extreme weather, you'll be the first to know. Check your email and the hideousholidaysweaterrun.com website for updates regarding the race.



CHECKPOINTS

If you feel your pace starting to lag or you're just ready for a break, don't worry! We have miles of goodies to keep you amped and fans to cheer you along. We'll also have goodies after the finishing line. There will loads more treats, so be ready to fill your tummy with lots of yummy.

RACE DAY TRANSPORTATION & PARKING

Make sure to give yourself extra driving time on race day. You never know what traffic or issues you may run into. Also, Kensington Metropark charges a \$6 per car entry fee if you don't have an annual pass. They take cash, Mastercard, VISA and Discover. The race begins and ends at Maple Beach. Unless you require a long warm up and cool down period, we suggest parking as close to Maple Beach as possible.

RACE COURSE

The race begins and ends at Maple Beach. The registration and entertainment area is by the lake. The race begins and ends on the other side of the parking lot. During the race, participants will be adorned with edible and musical treats.

WINNER WINNER CHICKEN DINNER

Medals will be awarded to all runners.

Oh and lest we forget the star of the show...fashion. The most hideous holiday sweater wearer will receive a prize, and we might just have something left over for a few of the other really hideous sweaters so start preparing now to be one of the winners.

HIDEOUS HOLIDAY SWEATER RUN CHECKLIST

Apart from hideous fashion sense, don't forget to bring:

- Identification (required for beer tent)
- Cash or credit card (parking)
- Hideous Holiday Sweater
- Canned Goods (donations for Forgotten Harvest)



WHERE TO GET YOUR HIDEOUS SWEATER

Not everyone has had the displeasure of receiving a hideous holiday sweater. If you are one of the lucky few, here are several places that have boat loads to choose from.

- Goodwill
- V-Male Detroit Vintage in Dearborn
- Salvation Army
- Ragstock in Ann Arbor
- E-Bay

AFTER THE RACE

Congrats! You've just finished the race. After you finish high-fiving your buddies and performing your favorite NFL celebratory dance -- chug a brew and get some sweet snacks from our sponsors at the registration area by the lake.

THANK YOU

We want to give a huge HOOORAY to everyone who has contributed and helped make The Hideous Holiday Sweater Race a reality. Special thanks to Kensington Metropark, our charity partner Forgotten Harvest and food and beverage sponsors, as well as volunteers and anyone who supported our event.

We can't forget about the runners. Without you, who would have made tacky sweaters look so good?

STAY CONNECTED

For information on The Scleroderma Foundation Michigan Chapter, volunteer opportunities and upcoming events:

- Visit www.scleroderma.org/Michigan
- Like us on Facebook at <https://www.facebook.com/SclerodermaFoundationMichigan>
- Follow us on Twitter @SclerodermaMI



You've got questions? We've got answers.

I hid the hideous sweater my grandma bought me and now I can't find it. Can I still participate?

A: Sure you can. You just won't look as hideous as everyone else. Participants can wear t-shirts, blouses, PJs – whatever you prefer. This race is mainly about having fun and supporting a great cause.

I'm not a morning person. What time do I have to be there?

A: Well, make sure that you get extra sleep the night before because registration opens at 8 a.m., The 13k begins at 9:00 a.m. and the 5K begins at 9:10 a.m. Rise and shine!

What if I forget to register? Can I still participate in the race?

A: Yes, you can register the day of the race but if possible register in advance.

I'm not athletic at all. Can I still race?

A. Of course! I get tired walking down the stairs but I'm participating. Just come out and walk the 5K or 13K. This event isn't about athleticism; it's all about having fun and supporting a great cause.

E-mail communications-To opt out or not to opt? That is the question!

A. When you register for the event, everyone thinks it is a good idea to opt out of the e-communications. After all, who wants or needs more e-mails to read? The problem is when you do this you will NOT receive any e-communication about the event from us so you will not know all the details you NEED to know. Best plan, do not opt out and once the event is over continue to get e-communications from us so you can then also come to our June 5K and 10K at the Detroit Zoo. We do not do many e-communications and if you do not like the other ones we do, just delete them and wait for the ones you do like. Sounds like a perfect solution to your question, doesn't it?



I'm sure I have the tackiest sweater ever. Are there any contests?

A. Furry Christmas trees, 3-D ornaments and reindeer horns. Yes, we have to give prizes for the most hideous holiday sweater. I hope you're up for the challenge!

I don't want to run by myself. Can I bring my baby, kids and moped riding grandma?

A. Everyone's invited. Granny, dad, kids and strollers. Dogs and cats are verboten. They tend to get distracted by the wildlife. Extra points if grandma's chair is bedazzled with the holiday spirit.

Can I get a refund?

A. Sorry. No refunds, no returns. But you can take comfort in knowing that 100% of the proceeds benefit the Scleroderma Foundation Michigan Chapter.

What all should I bring?

A. Bring your ID, hideous sweater and positive attitude. We'll supply the gorgeous park, merriment and tasty suds, scrumptious soup and sweet snacks.

What happens if it rains? I don't want to get my sweater wet.

A. Of course not! Wouldn't want the wool blend to bleed? Cover it up in a parka and flash your hideous sweater when the sun shines. Don't stay home just because of rain, think of how much fun it is to play in the rain and this time your mom can't yell at you because you are getting your feet wet!

I heard there's going to be beer. What's that about?

A. Great way to finish a race, right? Witch's Hat is our official beer sponsor. They'll be sampling beer at the finish line. Make sure to bring your identification. Only those who are 21 years of age and up can enjoy this fun!



Will you have water stations?

A. Yes, water stations are strategically placed along the route and at the registration area to keep you hydrated. You will also have fun giveaways along the route, but if you are a serious runner, you can just smile, wave at the volunteers and keep running!

I've got a posse, can we register as a team?

A. Michael Jackson had The Jacksons. Sonny had Cher. David Ruffin had The Temptations. You get my drift. Register your team online at:

http://www.scleroderma.org/site/TR?fr_id=1850&pg=entry

What's the Scleroderma Foundation Michigan Chapter?

A. Only the best thing since sliced bread! No, really. We're awesome. Follow us on Facebook: <https://www.facebook.com/SclerodermaFoundationMichigan>

Will there be photos?

A. We have that covered. We have hired a race photographer that will capture every hideous moment of the race. Feel free to bring your own cameras and camera phones. Just remember – you bring it, you hold it.

Can someone else pick up my race packet?

A. Elvis, Santa, your mom or dad, SURE thing, no problem, we would love to meet your family and friends. We only ask that they are ready to also have FUN at the Hideous Holiday Sweater Run. We hate to see anyone miss out on this much fun.

Where is the map? I love maps!

A. We know that runners love maps of the route and we promise that we will have the map up on the site soon. The 13K will be running the entire path of Kensington and the 5K will be running the same route as last year. If you didn't come last year, boy will you be surprised! It was scenic, along the water and so much fun.

The 5K does not include the "Kensington Hill" but the 13K does, so if you are running the 13K start training now or simply walk that small part, laughing all the way!



Is this a chip-timed event?

A. We got you covered runners, this is a chip-timed event and your results will be posted after the event on a running website. We will advise you of the specific website as we get closer to the event.

If I win one of the races, but I have to be completely hideous and leave early, can I still get my prize?

A. We do ask that you stay and enjoy all the great food and fun. In doing this, you can also determine if you are a winner of either the 13K or 5K. We will be unable to mail out medals or prizes to racers who leave the event. We will try to get the results as quickly as possible from the timing company once the race is over but do ask for your patience in waiting.

Can I bring my favorite pet, he/she hates staying home alone?

A. We are pets lovers too and we hate leaving our pets home on a beautiful Saturday morning but Kensington has asked us to keep all pets home in their crates, doggy beds, cat houses and on the couch. Due to safety issues we can't have any pets at the event. We want everyone to enjoy the event and since some guests have allergies, are afraid of animals or your pet may not like hideous holiday sweaters, we truly ask everyone to comply with this request.

You answered lots of questions, but I still have one more, where can I get it answered really fast? It is after all important! I wish you had included it in this totally lengthy list of Q of A.

A. We want to answer all of your really important questions and we are available almost 24/7. We have really dedicated staff that doesn't sleep much! You can e-mail them at MiChapter@scleroderma.org and they will assist you, or you can call the Scleroderma Foundation at (248) 595-8526 and if the staff is busy shopping for their hideous holiday sweaters, you can leave a message for them and they will call you back. They love messages; it makes them feel so special!