



CRUSH N' RUN THIS SATURDAY!

\$45 DAY OF RACE PRICE!

[COURSE MAP](#)

SCHEDULE:

****FRIDAY, APRIL 21ST****

4:00pm-7:00pm

Packet Pick-Up & Pre-Race Party At The Shack

Get your Crush N' Run weekend started with a pre-race party at The Shack. Swing by and pick up your race packet, then stay for the Crushes, fun and lawn games. Don't forget to go across the street to Chix on the Beach (7th & Atlantic Ave) for a pre-race dinner... it's the perfect warm-up to get you race ready!

WARNING: Packet Pick Up is extremely busy on race day – pick up on Friday and get your ID checked to avoid the lines and enjoy some drinks at The Shack!

****SATURDAY, APRIL 22ND – RACE DAY****

8:00am-10:00am

Race Day Packet Pick-Up & Brunch at Chix on the Beach

Race Day packet pick-up will be held at The Shack on 8th (inside [Festival on 8th](#))!

You're also invited over to Chix on the Beach starting at 9AM to enjoy delicious housemade brunch and hand-squeezed crushes as you get ready for the race!

[Mello Beans](#) will also be set up at the entrance to 8th Street for your coffee and pastry fix before the race or for your friends/family cheering you on!

10:30am

CNR 5K Starts – CORRAL START!

****If you want to win, you NEED to be in the front of the FIRST CORRAL!**

Start on the Beach at 8th and finish on the Virginia Beach Bike Path at 10th.

There will be prizes for top 3 male and top 3 female finishers based on gun time (not bib time). If you are competitive, please be at the front of the START line! The race will use corrals and it will be a wave start. Fastest runners up front in the first corral! Awards Ceremony near the Stage around 11:45am!

Bag Check - Located inside Festival on 8th (the building connected to The Shack)! You must pick up your dry bag immediately after your race in the same location you dropped off your bag. As a safety requirement, every runner will receive a clear plastic bag at packet pickup that MUST be used for gear check bag. We WILL NOT accept other bags. You must also write your bib number on your bag with a black permanent marker (we will have some available at packet pick up). Waterman's, Chix, The Shack and Crush N' Run are not responsible for any lost items so please do not leave valuables in your dry bag. Bag Check opens at 8am and closes at 1:00pm on race day. You MUST pick up your bags before 1:00PM!

8:00am-7:00pm

Pre-Party & After-Party at The Shack!

You've earned it; now go grab that Orange Crush (or Kid's Crush) you just ran a 5K for. Live music by country band Runnin' Shine, DJ Be Eezy, and DJ Jo Fu! Snack on food from The Shack, The Food Bus, Crosswinds Café, The Get Stuffed Taco Cart, and Mello Beans. Lots of lawn games, vendors, inflatable games and specialty bars to keep you entertained and enjoying the outdoor oasis!

Guests that chose not to run can join you for the after-party for \$10, tell them to cheer you on at the finish line or meet you at The Shack! After Party tickets can be purchased in advance so you can skip the line by [CLICKING HERE](#)

*You must enter by 1pm with your bib in order to redeem your free crush. Crush On!

Questions about bag check, parking, packet pick up or the race in general? [CNR FAQ's](#) will have your answers! If you can't find your answer there, you can text 757-778-5468 and we will get back to you as soon as we can.

HAPPY RUNNING CRUSH LOVERS!