**2021 Heitz of Heaven 5K Run/Walk**

**Race Date** Sunday, September 12th
**Location:**  RMU Island Sports Center, 7600 Grand Ave, Pittsburgh, PA 15225
**Packet Pick-Up** 10:00am-3:00pm Sat or starting at 7:00am Race Day
**Prepare to Race** 8:45am
**Race Time** 9:00am (staggered start, chip timed)

**Parking:** Participants can park in designated parking at RMU Island Sports Center or across the street at Paradise Island Bowl and Point Spring & Driveshaft Co.

**What time should I arrive?** Plan to arrive about an hour before the race so you can be sure to find a parking spot and familiarize yourself with the start line.

**When can I pick up my shirt and bib?** You can pick up your shirt and bib early at RMU Island Sports Center, main entrance of hockey rink, on Saturday, September 11th, 10:00am-3:00pm.
If you cannot make it during this time, you can simply pick up your shirt and bib on race day starting at 7:00am.

**Will there be activities before the race?**  Yes!  Allow additional time before the so that you can participate in our auction!  Also, enjoy some cool tunes that our DJ will be playing.

**Will there be refreshments after the race?** Yes! We are hoping by our race date COVID-19 guidelines will allow us to offer our typical refreshments and snacks including pizza, cookies and bananas.

**How can I find my results?**After the race, participants can view their results by visiting Miles of Smiles Timing Services website:  https://www.smileymiles.com/2021Results.html