



Human Race 2022 FAQ

What is the Human Race?

Over the past 4 decades, the Human Race has raised over \$25 million dollars for nearly 7,700 local nonprofits. The Human Race is a convenient fundraising platform – CVNL does the legwork and manages the logistics of producing the 5k fun run event, and nonprofits benefit as we involve local business partners and community members. The Human Race helps raise vital funds for nonprofits, schools, and agencies to continue doing their important work in Sonoma County.

What is the theme?

This year our theme is "Stronger Together" - because when Sonoma County fundraises together, we can take our impact to the next level!

Can I walk/roll/dog walk/etc. instead of running?

Yes, absolutely! This 5k is open and inclusive to all ages and ability levels. You are welcome to walk, use your wheelchair, bring a stroller, bring your dog, and have fun! If you have any functional needs or accommodation requests, you will see a place to note this during the registration process.

Will dogs be allowed in the race? In the community village?

Yes, well-behaved and leashed dogs are allowed at the Human Race! Maximum 2 dogs per person, subject to one \$5 dog fee payable during registration if you are bringing your dog on the 5k course with you.

Is the race timed?

Yes, all participants will receive a bib and included timing chip, whether they plan to run or not.

When is Race Packet (bib) Pickup?

Race packets will be distributed the day before the Human Race, on Friday May 6th. Time and Location will be announced soon! T-shirts can be picked up along with your bib and chip.

What does the course look like?

Please see our Course Map below. The Human Race this year is an out and back course with a turnaround point, 3.1 miles total (standard 5k). The start and finish line is at Courthouse Square. The majority of the trail will be along the Prince Memorial Greenway.



- Course Start at Courthouse Square
- South on Santa Rosa Avenue
- Enter Prince Memorial Greenway
- Course continues West along Santa Rosa Creek Trail
- Turnaround point near Link Ln & Umland Dr
- Return along the course to Finish Line at Courthouse Square

Will start times be staggered?

Yes, we will group you (walkers, runners, strollers, dog walkers, etc.) and slightly stagger start times to ensure plenty of room on the course and reduce congestion on the trail.

Will there be water provided?

Yes, we will have water stations but we do suggest bringing your own water as well! Staying hydrated is key.

What are the registration fees? What is the % of funds raised that goes to the Beneficiary Organizations? 80% of donations raised go directly to the Beneficiary Organization. 20% of donations go to CVNL to cover the costs of event production.

[Registration Fee for Beneficiary Organizations:](#)

CVNL Members: \$50

Non-members: \$135

[Registration Fee for Individual Race Participants:](#)

Adult 5k: Early Bird \$35, Regular \$45, Race Day \$55

Youth 5k (ages 13-17): Early Bird \$25, Regular \$35, Race Day \$45

Early Bird pricing ended on April 7th!

[Community Village Booth Fees:](#)

CVNL Members: \$60

Non-members: \$140

Business: \$275

As you can see, there is a significant savings for CVNL member organizations – between \$80-85! [Click here to learn more about membership and all of its benefits](#)

Do I have to register in order for my nonprofit to fundraise through the Human Race? Yes, in order for your nonprofit organization to use the Human Race as a fundraising platform, you must first [register as a Beneficiary Organization](#).

Where can I find a list of Beneficiary Organizations who have already registered and started fundraising? [Click here](#) to see our list of amazing Beneficiary Organizations! When you click into their fundraising pages, you can see more about each org's mission and the work they do in the community.

Does fundraising end when the Race ends?

No! Fundraising will continue until May 20th. Checks will be distributed to Beneficiary Organizations beginning on June 20th, with a detailed donation report.

When does early bird pricing end?

Early Bird Pricing for individual participants will be available until April 7th, 2022. Early Bird Pricing for Beneficiary Organizations ended on March 10th, 2022.

Will donations, in person, to CVNL be allowed?

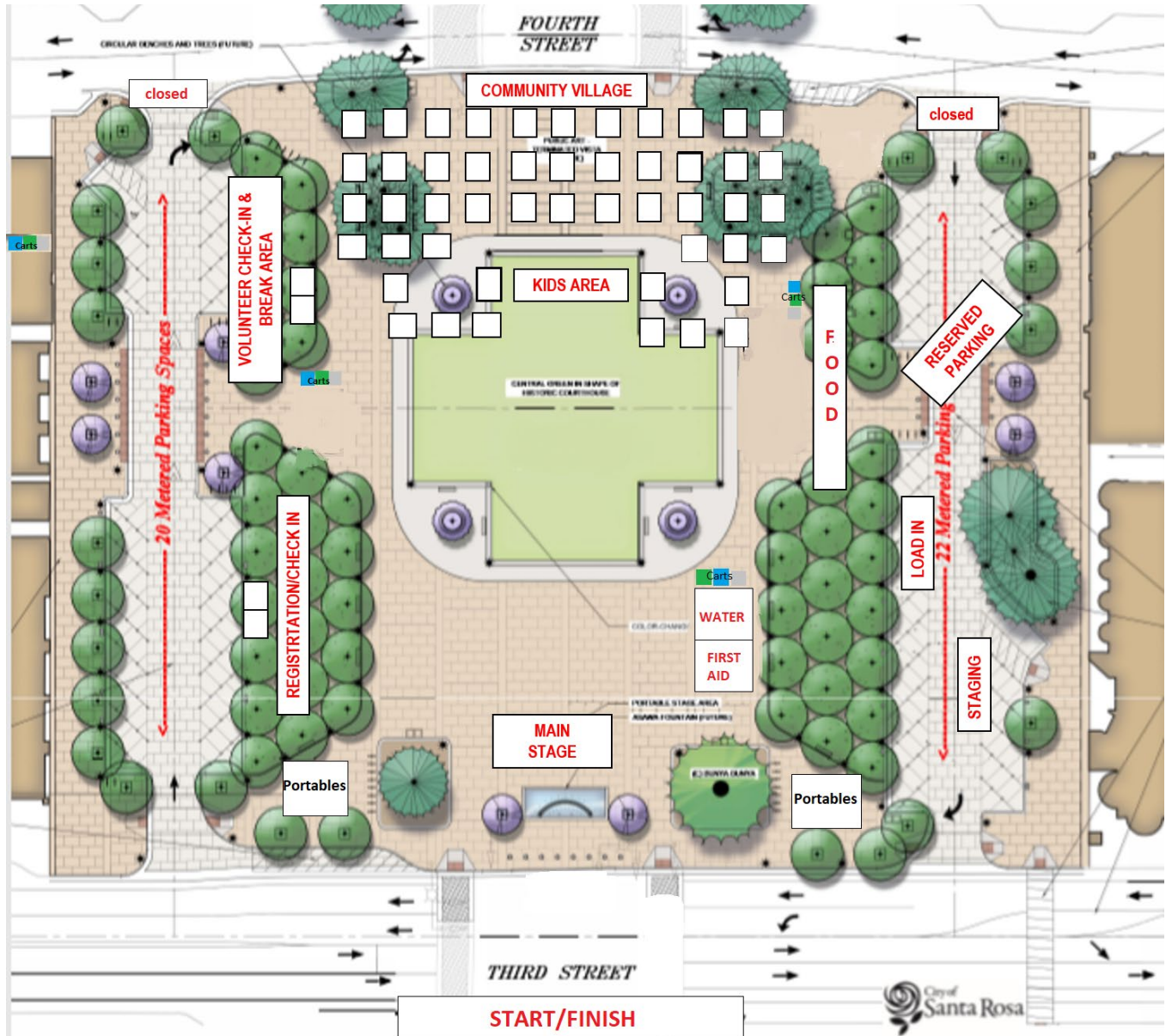
Yes, but by appointment only. Please see [Offline Donation Form](#). We encourage you to fundraise through the online platform as much as possible.

Where can I find resources for fundraising and sharing about this event?

Please visit our [Resources](#) page, and use [these tools](#) to share across social media and with your friends and family. The more the merrier – remember, #StrongerTogether!

What will the Community Village look like?

Please see the map below of our planned site set-up



How many booths will there be at the Community Village?

We have a lot of space throughout Courthouse Square for the Community Village, we are planning for at least 50 booths. [Sign up now](#) before we hit capacity! Booths include a 10x10 space, 6ft table and 2 chairs. Pop-up tents are allowed but you will need to provide your own. Electricity is available throughout the Square, please note if you will need this on your registration form and we will do our best to place you close to a power source.

Does booth set up start the night before or morning of?

Booth set-up will take place the morning of the race, as early as 6am. Registration opens at 7am. You'll receive instructions with your location and other details for set-up prior to race day.

Will there be entertainment at the Community Village?

Yes, we are partnering with KZST Radio to have entertainment on the main stage. There will be a Kids Area with activities, contests, and prizes on the central lawn, open beginning at 8:30am. Other entertainment will be announced as we approach race day. You can expect it to be lively in this prime downtown location!

Do I need to supervise my children in the Kids Area?

Yes!! A parent/guardian must be present with children in the Kids Area at all times.

Can we sell merchandise at Community Village? Or can we only give out free stuff?

Great question! The answer is, *it depends*. If you are selling merchandise, you must have a Seller's Permit from State of California and a City of Santa Rosa Business Tax Certificate/Business License. You will need to provide documentation of this to CVNL prior to the event. If you are a nonprofit organization, you are exempt from this requirement. If you are planning to sell food and/or drinks, you must be in compliance with County Health Regulations for food sellers and food service guidelines. Please call 707-890-8875 or email humanrace@cvnl.org to discuss your plans and we will determine next steps with you. Of course, everyone is allowed to give out free samples/merch/educational materials.

How can Businesses support Nonprofits through the Human Race?

One of the best parts about the Human Race is the cross-pollination between local businesses, nonprofits, and community members. Here are a few ways businesses can support:

- Consider creating a fundraising Team for your business. Assign a [Team Captain](#). Help your staff register for the race and join your fundraising Team! Let the community know which organization your business is supporting by sharing the news on social media and with your audiences
- Set up a booth at the [Community Village](#) and engage with the community
- Consider a sponsorship or in-kind donation to the Human Race

How can I sponsor the Human Race? What about in-kind donations?

Thank you for your generosity and support! Please see our Sponsorship Benefits below. Contact aberka@cvnl.org and humanrace@cvnl.org to learn more!

How do I set up a Team?

When you register for the race, you will see an option to either **join an existing team** or **create your own!** [Click here](#) to register and create your own team, which you can manage through the participant portal. You will also be prompted to select a preferred fundraising organization to raise funds on behalf of. Learn more in our [Team Captain](#) packet. If you have already registered as an individual and need to be added to a team, email humanrace@cvnl.org

How do I raise funds as an individual?

So many ways! Here are a few:

- Share your participation in the race and customize your individual fundraising page, which you can share across social media and with your friends and family
- Join a team! Remember, #StrongerTogether!
- Choose from among our Beneficiary Organizations to support a cause that matters to you, and then ask everyone you know to sponsor your participation, and raise funds for your chosen org!
- Get creative – host a bake sale, a mini golf tournament, an auction, sell homemade crafts...don't be afraid to think outside of the box to bring in those funds!

How can I ramp up my fundraising as a Beneficiary Organization?

First off, [register to attend the Human Race Training Sessions or watch the recordings posted on our site!](#) There are 3 sessions, designed to inspire you, get your questions answered, and support your fundraising efforts.

Here are some other helpful strategies and suggestions for fundraising:

- Share your participation in the Human Race across social media, email campaigns, and your websites. If you have a platform, use it! Spread the word far and wide
- Recruit team members to fundraise with you – remember, #StrongerTogether! Set your goals early and work with each other to meet (and surpass!) them
- Engage your team in creative fundraising efforts, and encourage friends and family to sponsor your participation in the 5k

Where can I get technical help on navigating the race website?

RaceRoster provides excellent technical support and can be contacted at support@raceroster.com. Take advantage of their knowledge base [here](#). You can also reference the [kick-off recording](#) and [team captain trainings](#), which include a screenshare walk through of the website.

I have more questions

Awesome! Please call 707-890-8875 or email humanrace@cvnl.org. We look forward to connecting with you!