



2023 FAQ's

Updated Monday, January 17, 2023 at 8:47 AM

As race day approaches, we are continuously monitoring COVID guidelines in the State of Michigan.

COVID-19 Protocols

Whether you are vaccinated or not, please stay home if you have experienced any of the following within the last fourteen (14) days:

- Have a suspected or confirmed case of COVID-19
- Have shown any symptoms of COVID-19, including fever, cough or shortness of breath
- Have been in close contact with a person known to have COVID-19 or any known symptoms

When is the race?

Sunday, January 22, 2023

What time do the races start?

9:00 AM - 5K Run

Please give yourself enough time to park, register (if you are not pre-registered), pick up your race bib and shirt (if you haven't already done so), and get to the starting line for your event. The roads used for the event are closed prior to the start times. In addition, it gets very crowded inside the Rochester Fire Hall in the minutes leading up to the start time, in both the pre-registered and late registration areas, so, please, arrive early!

How do I register?

You can simply register by [clicking here](#).

What are the current COVID restrictions?

[MI Safe Start Restrictions](#)

[MDHHS Epidemic Orders](#)

[Gatherings and Face Mask Order](#)

Are we live or virtual?

The 2023 Frozen Paw 5K is an in-person event.

Will the in-person event be timed?

Absolutely! We will be providing live results for the in-person events, and will include instant photos. All timing and photo services will be provided by EnMotive-MI, which is a local company.

Is a course map available?

[5K Course Map](#)

Where do I park for the event?

Free parking will be available throughout the City of Rochester in designated parking areas. There are plenty of paved, secure parking spaces close to the Rochester Fire Hall.

Please note that the race courses will be ***closed to traffic until the last race has finished***, to protect our participants and families.

For a downloadable map of the parking areas around the City of Rochester, please [click here](#).

What are the Age Groups for the in-person event?

The designated age-groups are as follows for both male and female:

Ages 1-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and Over

Are there age-group awards?

Due to everyone receiving a finisher's medal, we will not be providing age-group awards.

Where and when can I pick up my race swag?

We are offering SEVERAL locations for SWAG bag pick-up! During registration, you can choose the location that is convenient for you. Your selected location will have your SWAG bag on the specified date/time. You may change your selected location at any time until Monday, January 16, 2023 (11:59 PM).

Early Pick-Up will be at the following locations:

- *Friday, 1/20, 3:00 - 6:00 PM*, at [Leader Dogs for the Blind - Rochester Hills](#)
- *Saturday, 1/21, 12:00 - 4:00 PM*, at [Leader Dogs for the Blind - Rochester Hills](#)
- *Sunday, 1/22, 7:30 - 9:00 AM*, at [Rochester Fire Department](#) (Race Site)

If you have pre-registered, please print off your confirmation email and bring it with you to packet pick up - this will help streamline your check-in process.

Can someone else pick up my race swag for me?

Yes. Please bring a copy of the individual(s) confirmation email for verification.

What do I get for my registration?

To celebrate our inaugural event, this year's apparel is a quarter zip that has paneled shoulders for maximum movement, 100% polyester moisture management/antimicrobial performance fabric, contrasting 8" locking zipper and self-fabric inner collar. They are available in adult and youth sizes.

All registrants will receive a commemorative medal!

Keep in mind, we order a certain quantity of shirts - when we run out, we're out.

NOTE: Due to supply chain issues and delays in shipping, we are limited to a set number of 1/4 zip jackets. Once we sell out of an individual size, we will not be able to offer that option any longer. We apologize for any inconvenience.

Unless otherwise dictated by COVID-19 directives, we will be offering post-race food items at the finish following the event.

Paid, pre-registered participants are guaranteed a shirt, but please, pick up your shirt and race bib before the race. Late registrants are *not* guaranteed a shirt. As mentioned above, we order a certain quantity of shirts and quantities may be limited on race day.

Do you have a bag check available?

No. Please leave all personal belongings in your vehicles. We are not responsible for any lost or stolen items.

How do I know if I am registered?

You should have received a confirmation email. If you did not, or cannot find it, please visit our [online search tool](#).

I ordered the wrong shirt size, or I would prefer a different shirt size, can I exchange it?

Sorry, but we cannot. Because of the time required for printing and shipping, shirts have to be ordered well in advance of the race, in quantities based on what had been requested by previous year's race participants. However, if we have any shirts leftover from the event, you may check to see if your size is available at the event.

Can I bring my dog?

Registered participants are allowed to bring their dogs with them in the race, provided that the dog is leashed at all times, and is **not** taken into the Rochester Fire Hall. Dog owners need to be aware that they may be held responsible if their animal harms another animal or person. Also, the dog's handler must immediately clean up after the animal, as necessary.

I cannot attend the event, can I receive a refund?

Sorry, but no. Due to the event being a fundraiser, we have a "No Refund" policy.