



Frequently Asked Questions

--Who puts on this event?

The **As One Foundation** organizes the annual Darling Dash 10K/5K/1K. The first Darling Dash took place on Sunday, February 27, 2011. The **As One Foundation**, established in 2007 as a non-profit 501(c)(3) organization, teaches student athletes, coaches, training staff and parents about sickle cell trait awareness, hydration, and prevention of sports-related deaths due to sickle cell disease or trait. We wear the color red with animal print in memory of Ms. Wendy Darling. We share honeybuns because they were Devaughn Darling's favorite snack. The number "53" is significant for us because 53 was Devaughn's football number at Florida State University (FSU) and 1953 was Ms. Wendy's birth year. We miss them both dearly and now they serve as the inspiration for all As One Foundation events and activities.

--Can I volunteer for the event?

Yes! You can sign up to volunteer online. In fact, this event is managed by a group of volunteers.

--What are the race distances?

We provide three distances. All distances are timed. The 10K and 5K are chip timed, so that you will have your precise time. Those running the 1K will be able to see their time as they cross the finish line.

--What is a Team Captain?

The Team Captain is responsible for creating the team and selecting your team name. Captains ensure all participants register by choosing the "Join Team" option online. Once your team members are registered, Team Captains hold a rally to help generate excitement and assign responsibilities (i.e., recruit more participants, fundraise, etc.).

--How do I join or form a team?

If you have not yet registered for the Run/Walk, you can register online. Select "Create a Team" or "Join a Team." If you wish to join a team, search for the name of the team you wish to join and select it. If you wish to form a team, put together a team of at least 5 participants made up of your fellow employees, family members and friends. Provide your team members with the password to join the Team.

--Am I able to select my Team name?

Yes. You may select your own Team name; however, it must be appropriate.

--Am I required to raise funds for the event?

No. Becoming a fundraiser is optional. However, if your team raises funds, you will be happy to know that all proceeds are used to fund sickle cell trait & sickle cell education programs, blood drives and post-transplant support groups. So, we do encourage fundraising for the event!!

--Can I register my family members?

Yes! You can register multiple people at once, but you will need a unique email address for each person for them to receive race email communications.

--If I register for the event but cannot participate on Race Day, can I receive a refund or transfer my registration to another person?

Unfortunately, all registrations are final when made. Registrations cannot be transferred to another participant.

--What if it rains on race day?

This event will happen rain or shine. However, if weather conditions threaten the safety of participants, the race will be canceled. In the event of inclement weather on race day, please check your email and/or the As One Foundation Facebook or Instagram pages to determine if the race will be held as scheduled.

--I want to run with my child. Should I register for the 1K too?

Parent participation is for safety purposes. **Parents who want to run with their kids must also register for the Kids 1K. You do not have to register for the kids 1K if you are already registered for the 10K/5K.** Please be mindful of other children to ensure they all have a safe and enjoyable run. Older children are encouraged to run on their own, with parents cheering/watching from the side. Parents running/walking with kids in strollers are allowed.

--Can I just sign my child(ren) up for the Kids 1K? Do I have to run with them?

While running with your child is strongly encouraged, it is not required.

--If I am running in the 10K/5K, what does my child do while I am running?

There is a KIDZONE for children. There are volunteers to watch them during your run.

Race Day Information

--What is the timeline for Race Day?

- 7:00 AM Packet Pick-Up Opens
- 8:00 AM 10K Race Begins
- 8:30 AM 5K Race Begins
- 9:00 AM 1K Race Begins
- 9:15 AM Awards Ceremony and Post Race Party begins.
- 10:00 AM All Races End and the Event concludes

--I cannot attend Packet Pick Up. What should I do?

Packet Pick Up will also be offered the morning of the race starting at **7:00am**. Please arrive as early as possible to avoid waiting in line. **The 10K race will start promptly at 8:00am, the 5k at 8:30am and the 1k at 9am.**

--Can someone else pick up my race packet for me?

Yes. You may have someone else pick up your race packet. Please have them bring a copy of your race registration.

--I have a small child. May I race with a stroller?

Yes! In the spirit of family involvement, strollers are encouraged! We kindly ask participants with strollers to allow other racers to pass safely and stay single file on the course. Remember, children may also participate in our 1k.

--Are we allowed to run any of the distances without registering?

No. You must be wearing your race day bib to participate in the event.

--May I bring pets to the race?

Our race location, Stude Park, is a public park where pets are allowed. Please leash your pets.

--Will there be water stops along the course?

Yes. A water station will be located around mile 2 along the course and water will be provided at the start/finish line. Water will be also provided at the turnaround point of the 10K race.

--Will there be sufficient aid and medical assistance on the course?

Support personnel will be positioned at the start/finish line. The official race staff is trained to manage any situation that may arise. However, we ask that you help us out by being prepared for the race, so do not forget to train!

--Will there be restrooms along the course?

No. Restrooms will be located at the start and finish lines.

--Will I have to pay for parking?

No. Parking will be FREE in the neighborhood on race day. Please do not block driveways.

--What if I am late to the race?

We will allow race participants to cross the starting line as late as 9:00 AM.

--Can I register on-site?

Yes. We will not be able to guarantee shirt size. We expect a sellout crowd, so everyone is encouraged to register online by February 18.

--Where is pre-race day packet pick-up?

Packet pick-up will be at Total Performance Fitness, 711 Avenue E, Stafford, TX 77477 Saturday, February 24, 2024, between 9:00am and 3:30pm.

--Where is Packet Pick-Up located on Race Day?

Packets can be picked up at the registration table.

--If I miss the race, will you mail me my t-shirt?

Shirts and packets are available at the pickup location and on race day. We cannot accommodate any other delivery requests. Mailing provisions are reserved for Virtual Race Participants. As much as we love to see you in-person, taking the virtual option could be a desirable choice should you want to have your packet mailed to you.

--Will I receive a finisher's medal?

Yes. All participants will receive a medal. Awards will also be given to the top three male finishers and female finishers in each age group as well as overall male & female winner in the 5k & 10k and the top 3 winners of the 1k.

--When will I be able to see the results?

Preliminary results will be available at the Post Race Party. QR Codes will be available around the finish line that you can scan to get your results online. You can also go to www.runhoustontiming.net to see the results online within minutes of you finishing.

--How do I get my time? Do I need to attach my timing chip?

No. The timing chip is already on the bib. (1K participants do not get a timing chip).

--Will there be food and water available for race participants?

Yes. In addition to water stops along the racecourse, snacks, fruit, and drinks will be provided to race participants. Local food truck vendors will be on site selling food.

--Are strollers allowed?

Yes, strollers are allowed. Please be respectful of other runners/walkers and stay to the right so other participants may pass you.

--When and where is the awards ceremony?

The awards ceremony will start at 9:30 AM at the Post Race Area stage.

-- What if I forget my race bib?

Participants who forget their race bib will still be allowed to participate, but we will not re-issue another bib. Identification or race confirmation MUST be provided.

-- How do I exchange my shirt if it does not fit?

Participants can switch out their shirts on Race Day ONLY after the start of the 5K and only if there are shirts available.

--Will there be an official race photographer and an opportunity to purchase the photos?

No. We will have a photographer and those photos will be shared at our discretion on our website and social media platforms.

If you have any additional questions about this race, please contact the race director at info@asonefoundation.org.