



Q: WHY IS IT CALLED SUNFLOWER REV IT UP?

A: The Sunflower Rev It Up for Parkinson's was named and founded by Kathleen Krumme, a Cincinnati cyclist and bicycle shop manager whose father, the late Donald Krumme, suffered from Parkinson's disease.

Q: WHAT IS THE WEATHER LIKE?

A: Because the race is early September, the weather starts out low 50s in the early hours of the morning. By the time the races start, the weather usually goes up to high 60s or low 70s.

Q: WHO GETS A MEDAL?

A: We give out trophies to the Top Three Fundraisers, Top Three Fundraising Teams, Largest Team, and Most Inspirational Team.

Q: CAN CHILDREN UNDER TWO YEARS OLD PARTICIPATE IN THE WALK?

A: Yes, anyone can participate in the Rev It Up events. You do not have to pay for a child under two if they are going to be in a stroller or being carried through the course.

Q: HOW HILLY IS THE BIKE COURSE?

A: The bike course is gently rolling with a couple of longer gentle climbs on the 40k and 80k.

Q: DO I NEED TO PICK UP ANYTHING BEFORE THE RACE?

A: You will have the opportunity to pick up your race packet before the event. Race packets include: race bib, timing chip and safety pins for the bibs.

Q: WHAT IF I CAN'T PICK UP MY PACKET?

A: If you can't make it to packet pick up, we ask that you come a little earlier to pick up everything at pre-registration.

Q: HOW EARLY DO I NEED TO GET TO THE STARTING LINE?

A: For any event, we ask that you show up with enough time to prepare for the bike or walk events. We don't want anyone rushing and getting hurt!



Q: DO I GET A T-SHIRT?

A: We are not including t-shirts with registration. There will be an opportunity to buy them at the Sunflower Symposium, packet pickups or day of the event.

Q: CAN I SWITCH WHICH RACE I WILL BE DOING?

A: Participants can switch race until August 1<sup>st</sup>. If you accidentally sign up for the wrong event, we will be happy to change if after the deadline.