



UNITED WAY
Mid-Willamette
Valley



SATURDAY | MAY 16, 2026

**WILLAMETTE MCCULLOCH STADIUM
AT BUSH PASTURE PARK**



UNITED WAY
Mid-Willamette
Valley

Thank you to our Awesome Volunteers and our United Way Board of Directors who have worked tirelessly to make this event possible.

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2025 A3K PHOTO
COLLAGE

ORGANIZING COMMITTEE:

Jodi Blackman
Megan Brown
Chris Brantley
Collin Box
Daniel Galvan
Kathy Gordan
Lauren Gutierrez
Sarah Keck
Lara Tiffin
Brennan Young
Austin Safina-Massey

George LaFramboise
Mark Lowery
Tyler Massey
Jeremiah Rasca
Linda Safina-Massey
Britt Sexton
John Strauch
Desiree Sumpter
Brian Sund
Leilani Tucker
Hilary Morris
Heather Gorman

**UNITED WAY OF THE MID-WILLAMETTE
VALLEY BOARD OF DIRECTORS:**

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Vice Chair
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At-Large/Exec.
Committee

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Jeremiah James

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Wendy Laudette
David Gonzales
Raul Marquez
Ryan Rasmussen
Ricardo Soto Gonzales
Tina Decamp
Britany Randall



WELCOME MESSAGE

Friends,

Welcome to the 2026 Awesome 3000!

We are so excited to have you here as part of this incredible community tradition.

Whether you're running, walking, volunteering, or cheering from the sidelines, thank you for showing up and helping make today so special.

The Awesome 3000 is more than just a race; it's a celebration of our Salem-Keizer community and the students, teachers, and school staff who work hard every single day. It's inspiring to see families, businesses, schools, and neighbors all come together to support one another in such a fun and positive way.

A heartfelt thank you goes out to our sponsors, volunteers, and planning team. Your generosity, time, and dedication are what make this event possible year after year.

To everyone participating today: encourage each other, enjoy the experience, and most importantly...have fun! We hope today leaves you feeling energized, connected, and proud to be part of such an amazing community.

Thank you for being here, and we'll see you at the finish line

Warm Regards,



Rhonda Wolf CEO



RHONDA WOLF
CEO

RACE DAY INSTRUCTIONS

IMPORTANT!

Please come check-in with your child 45 minutes **BEFORE** your child's scheduled race time. Please **DO NOT** drop-off your runner without checking them in!

STARTING TIMES:

Check the "Start Times" box for your wave.

Runner Check-in:

All runners must be checked in by a parent and receive security wristbands. Runner Check-in is located inside the stadium, south of the bleachers. Parents should make their way to the stands and officials will escort your child to the pre-run holding area. While in the stands you can watch your child doing warm-up exercises before being led to the start area!

Runner Pick-up:

Parents make sure to pick up your runners as soon as possible after they finish. Runner pick-up is located in a secure area in the southwest corner of the stadium.

Correctly Attach Bib Numbers:

Before entering the Runner Drop-Off Area, all runners must pin bib numbers to the **FRONT** of their shirts, as shown. If you have more than one child running, be sure each child is wearing their assigned number. Please know your child's bib number.



PARKING

There will not be parking available at the stadium the day of the race. Please plan extra time to find parking in the surrounding neighborhood.

PLEASE REFER TO YOUR EMAILED RACE DAY INSTRUCTIONS FOR MORE IMPORTANT INFORMATION

SAFETY WRISTBANDS

To help our event volunteers efficiently reunite runners with their parents, while ensuring the safety of everyone involved in the Awesome 3000, parents and runners will be issued matching wristbands at Pre-Race Check-in and must wear these wristbands throughout the event. The person checking in a runner must be the same person who will pick up the same runner at the end of their run.

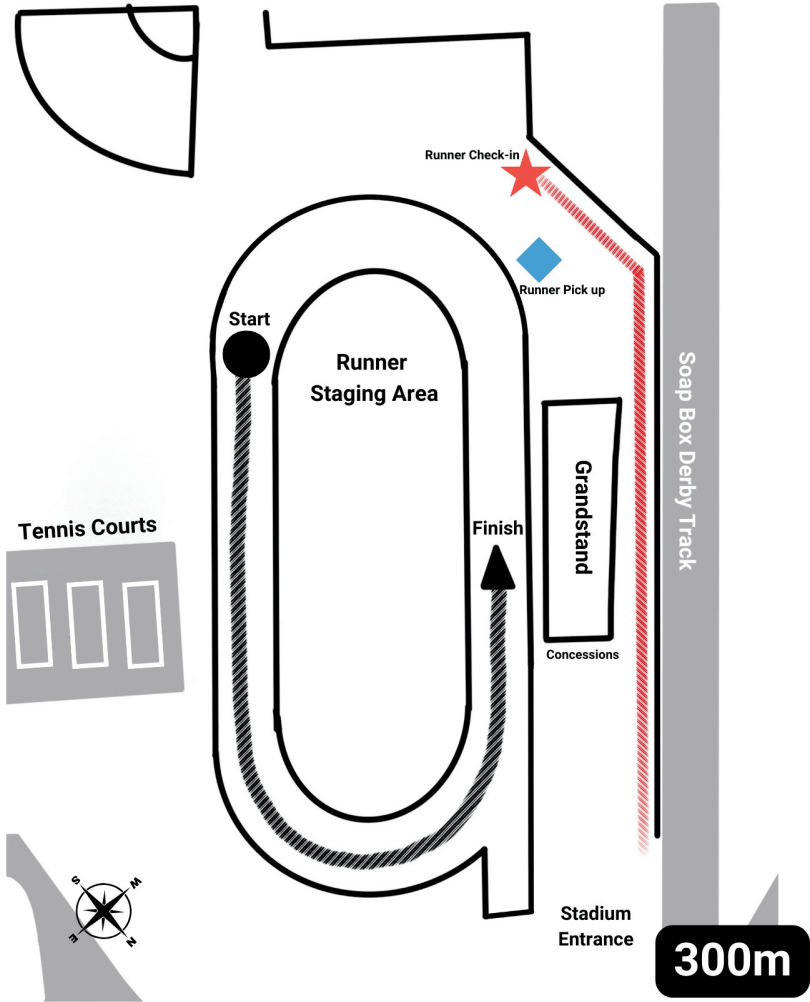
MATCHING WRISTBANDS will be required to pick up runners in the post-race holding area. -photo identification may also be required-



RACE SCHEDULE

GRADE/GENDER	START TIMES	DISTANCE
MIDDLE & HS GIRLS	8:15 AM	3K
MIDDLE & HS BOYS	8:17 AM	3K
5TH GRADE GIRLS	8:37 AM	2K
5TH GRADE BOYS	8:39 AM	2K
4TH GRADE GIRLS	8:59 AM	2K
4TH GRADE BOYS	9:01 AM	2K
3RD GRADE GIRLS	9:21 AM	2K
3RD GRADE BOYS	9:23 AM	2K
2ND GRADE GIRLS	9:45 AM	1.5K
2ND GRADE BOYS	9:47 AM	1.5K
1ST GRADE GIRLS	10:07 AM	1.5K
1ST GRADE BOYS	10:09 AM	1.5K
KINDERGARTEN GIRLS	10:29 AM	1.5K
KINDERGARTEN BOYS	10:31 AM	1.5K
UNIFIED	10:51 AM	300M
AGE 5 (PRE-K)	11:30 AM	300M
AGE 4	11:35 AM	300M
AGE 3 & UNDER	11:40 AM	300M

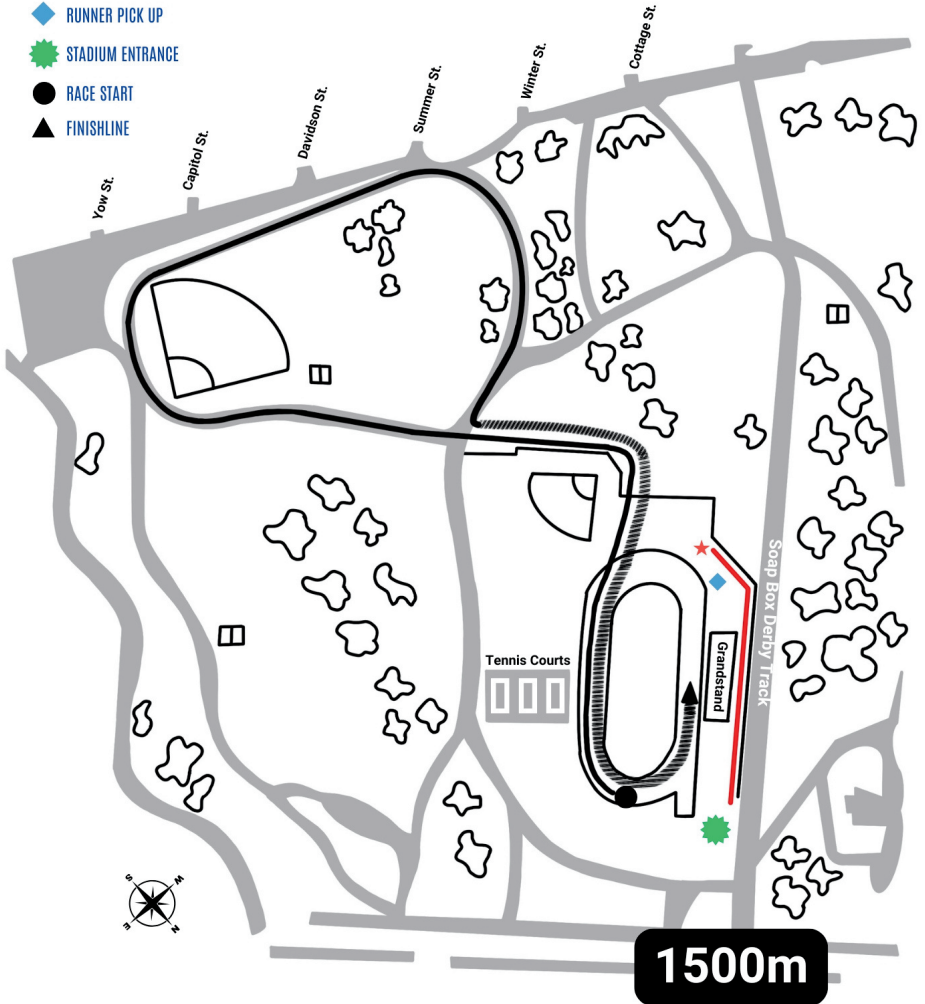
PRE-K & UNIFIED RACE MAP



K-2ND RACE MAP

MAP KEY

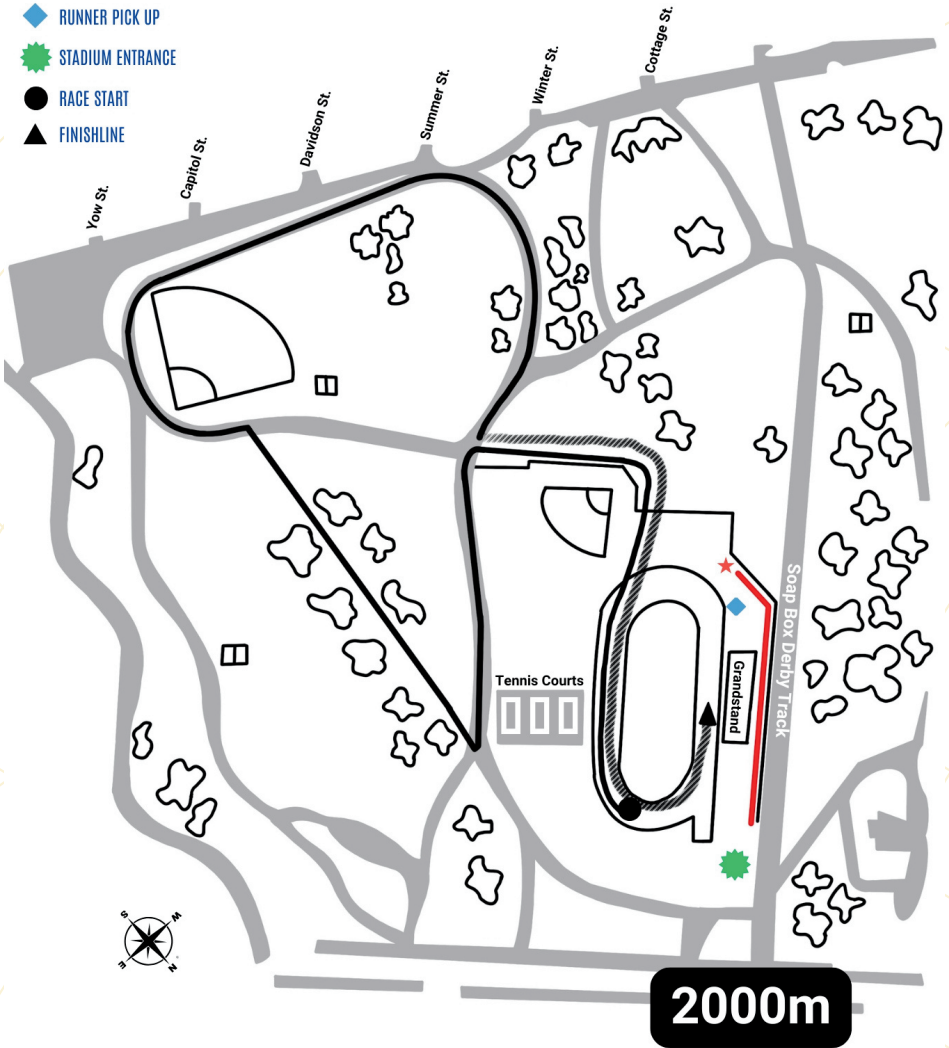
- ★ RUNNER CHECK-IN
- ◆ RUNNER PICK UP
- 🌿 STADIUM ENTRANCE
- RACE START
- ▲ FINISHLINE



3RD-5TH RACE MAP

MAP KEY

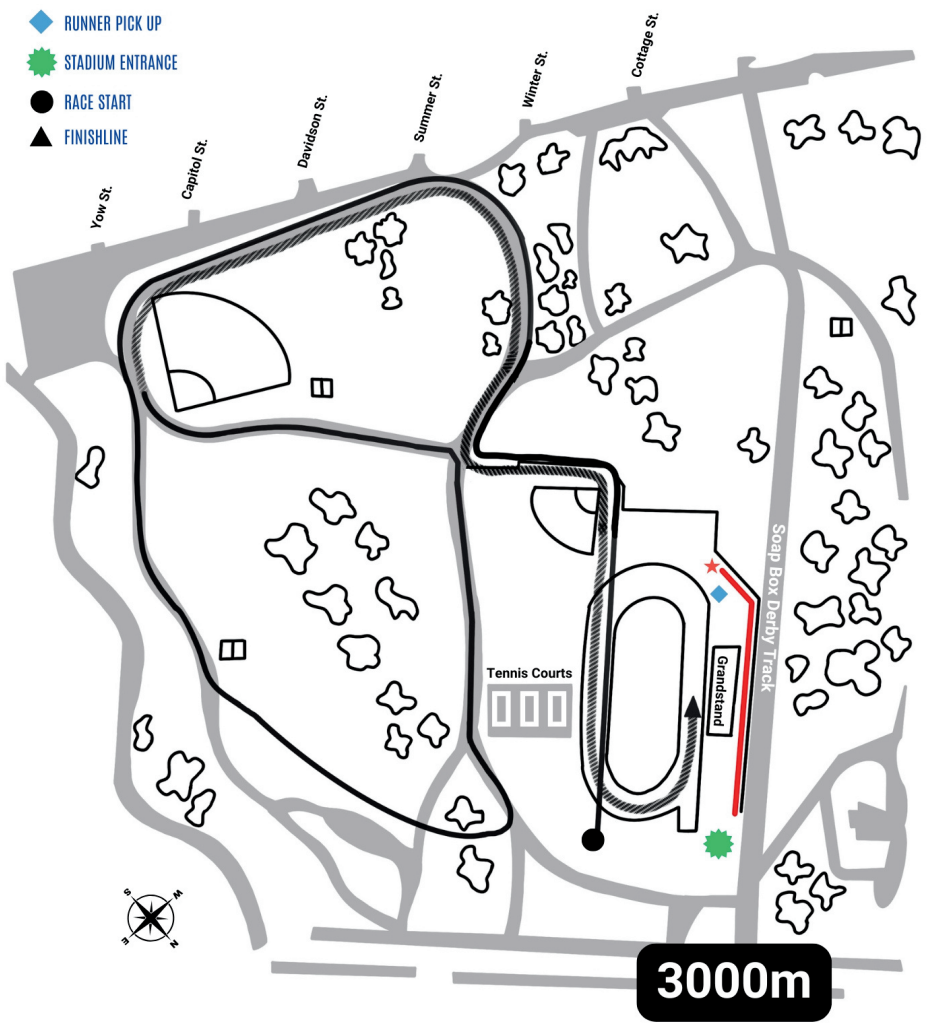
- ★ RUNNER CHECK-IN
- ◆ RUNNER PICK UP
- ★ STADIUM ENTRANCE
- RACE START
- ▲ FINISHLINE



MIDDLE-HIGH SCHOOL RACE MAP

MAP KEY

- ★ RUNNER CHECK-IN
- ◆ RUNNER PICK UP
- 🌿 STADIUM ENTRANCE
- RACE START
- ▲ FINISHLINE



 UNITED IS THE WAY™ TO YOUTH OPPORTUNITY

 UNITED IS THE WAY™ TO COMMUNITY RESILIENCY

 UNITED IS THE WAY™ TO HEALTHY COMMUNITY

 UNITED IS THE WAY™ TO FINANCIAL SECURITY



BY THE NUMBERS:

\$16,449,559+
Community Investment

350,000+
Lives Impacted

12,000+
Volunteer Hours

675+
NonProfit Partnerships

92
Cents of Every Dollar Reinvested

UNITE WITH US

INVEST:

A one-time or monthly contribution from a checking account or credit card to support sustainability.

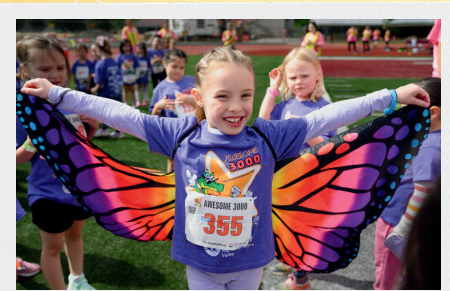
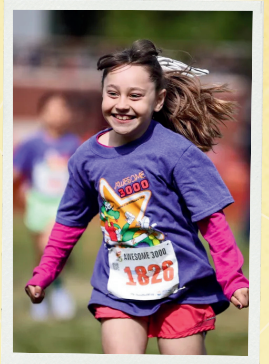
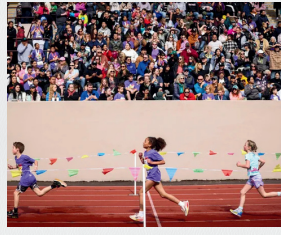
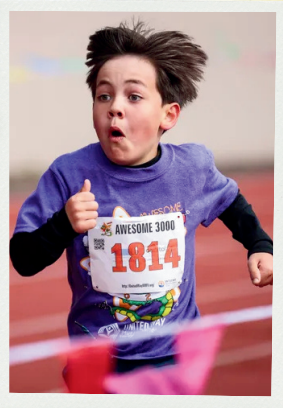
CHAMPION:

Establish and coordinate a collection drive for one of our impact projects.

VOLUNTEER:

Give of your time supporting events and projects that help our community.

2025 AWESOME 3000



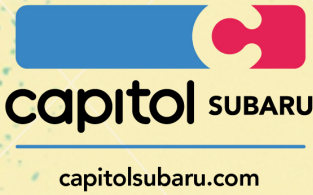
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3000 sponsor?



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AWESOME ACTIVITY VILLAGE



PRE-K RUN FOR LITERACY



UNIFIED RUN



MAJOR SPONSOR



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