Where do I get my race packet and t-shirt?
Race packets and t-shirts can be picked up the morning of the race, Saturday, September 23 from 7:15 a.m. to 7:45 a.m. at the Hustle For Your Health registration tent. T-shirts are only available for those who pre-registered by September 7th.

Can I pick up another participant’s race bag?
Yes, at the registration tent.

Where should I park?
Hickory East Parking Garage

The race is tomorrow, can I still sign up to participate?
Yes, day-of registration is accepted the morning of the race, Saturday, September 23, from 7:15 a.m. to 7:45 a.m. at the race tent located on the field at the Medical Center track. The track is located between Rutger Street and Lasalle Street.

How much does day-of registration cost?
$25 per person

What if there is bad weather?
The event takes place rain or shine; however, if weather would deem the race unsafe notifications of a race cancellation will be posted. Refunds are not issued if the event is cancelled due to severe weather, disaster or emergency occurrences that may affect the safety and health of the participants.

What activities are available at Hustle For Your Health?
Kids Fun Run starts at 7:45 a.m.
5K Fun Run starts at 8:15 a.m.
1 Mile Walk starts at 8:25 a.m.
Raffle and Give-Aways during the award ceremony

Can I get a refund if I cannot participate?
Unfortunately we do not offer refunds for any of the events. Costs associated with the pre-planning and ordering of participant amenities well in advance of the race prohibit us from offering refunds. Please take a moment to read the full waiver that is available at the time of registration.

Can I transfer my registration to another person if I cannot participate?
We do offer a transfer system that allows you to transfer your spot to another participant. You must change your registration at the day of registration booth.

How do I know where to go? What if there is a problem on the course?
Maps will be available at the registration tent. Volunteers will be stationed along the course, directing participants. Should an emergency arise and you need to be removed from the course, a golf cart is available for emergency use. Please contact a volunteer along the course with any concerns.
Is the race timed?
This is a Fun Run/Walk. We will have a timer for you as you cross the finish line to see what your personal time for the run or walk is; however, we do not offer chip timing for this race. The premise behind this race is for people to improve their health, support a great cause, and interact with the Program in Physical Therapy community.

There will be awards for the top 3 male and female racers. Unfortunately, we do not have age category winners.

Do you allow participants to use headphones, phones, iPods, etc.?
Although we do not restrict such devices, we strongly discourage the use for safety reasons. If you make a decision to wear a music-playing device during the race, please keep it at a low level so you can hear special instructions from course officials or emergency vehicles.

I love to run with my dog, may I bring him or her to run with me?
Pets are only allowed for walkers.

Can I bike, rollerblade, roller skate, skateboard, etc. on the course?
No, we do not allow any "wheels" on the race course for safety reasons, other than approved wheelchair participants, emergency personnel or race officials.

Can I run or walk with a baby jogger or stroller?
Baby joggers or strollers are welcomed on the course. Please keep in mind this is an urban environment and some areas of the race are narrow.

Do you offer Gear Check?
No, we have no way to ensure the safety of your belongings in a secure location. Please leave items in your car or with friends and family.

Who sponsors this event?
This event is sponsored by the Saint Louis University Physical Therapy Student Council. This event is in memory of Cheryl Cavallo, a long time faculty member in the Program in Physical Therapy who lost her courageous battle to cancer in 2013. She served as the faculty mentor for the Program in Physical Therapy Student Council for 22 years and tirelessly coordinated this event for 11 years. She lived the Jesuit mission every day by giving back to those less fortunate. All proceeds from the memorial fundraiser will benefit the Cheryl Cavallo Memorial Scholarship to help defray travel costs for students wishing to pursue health care related domestic or international mission trips.