



HMEA's Autism Resource Central's 2024 Autism Superhero 5K Information Sheet

When: April 27, 2024 | Registration Opens at 8am | 5K at 10am | Ends at 1pm

Where: Polar Park | 100 Madison Street, Worcester, MA 01610

Registration

- **Preregistration (preferred):** Prior to the event, please register at <https://www.autismresourcecentral.org/superhero/>
- **Walk-in Admission:** Event admissions will be accepted on the day of the Superhero 5K, April 27.
- **Registration/Attendance Fees:**
 - Adult 5K Runners or Walkers: \$30.00 if preregistering, \$35.00 day-of event
 - Adult 1 Mile Walkers or Event Attendees: \$15.00
 - Teen Walkers or Event Attendees (age 13-17 years): \$10.00
 - Kid's Fun Run or Event Attendee (age 3-12 years): \$5.00. Kid's Fun Run participants must be accompanied by a registered adult.
- **Payment accepted at event:** Cash, check, or debit/credit cards (must be Visa or MasterCard).

Schedule

8:00am: Registration opens

8:00am: Vendor tables, raffles, and concession stands open

9:30am: Runner registration closes

9:45am: Opening ceremony

10:00am: 5K run and walk start

11:15am: Adult 5K awards ceremony; Kid's Fun Run registration closes

11:30am: Kid's Fun Run
12:00pm: Chuck a Duck contest
12:15pm: Raffle closes
12:30pm: Raffle winners announced
1:00pm: Event closes

Frequently Asked Questions

What is included in my registration fee?

Registering as a walker covers and includes entrance into the event, whether you decide to participate in the walk or not. Official event t-shirts and event bags will be available on a first-come first-serve basis. Registration includes a food coupon (value TBD) which can be used at the concession stands inside the park.

What can I bring with me?

- Outside food and beverages are not permitted at Polar Park. Exceptions will be made where necessary for fans with food allergies or dietary restrictions. A food coupon will be provided to registrants. Additional food can be purchased at the concession stands.
- Bags 5"x9" in size or smaller, parental bags, and bags containing medically-necessary supplies are permitted in Polar Park.
- For a complete list of prohibited items visit:
<https://www.milb.com/worcester/ballpark/fan-guide>

Are strollers allowed?

Yes, strollers are allowed at the event and in the park.

Is Polar Park handicap accessible?

Yes, Polar Park and this event are accessible.

Can I bring my dog? Only service dogs will be permitted in Polar Park. See above fan guide for more information.

Facilities

Restrooms: Polar Park has ample restrooms, including family and gender-neutral restrooms, on each level. Diaper changing areas are available in men's, women's, and family restrooms. Polar Park also has a private restroom at the Country Bank Fan

Services Center on the main concourse near first base.

Sensory-Friendly Room, Presented by Unum: The Unum Sensory Friendly Room offers a warm, welcoming, and nurturing environment for autistic fans and others seeking a respite or sensory reduction. The room is located in the Country Bank Fan Services Center and is equipped with flexible seating, sensory gadgets and technology, dim lighting, and other amenities.

Directions

Polar Park is located at 100 Madison Street and is accessible from a variety of directions. It has four entrances: three on Green Street and one on Madison Street.

- **From the north:** Take Interstate 290 to Exit 14 (Route 122).
- **From the east:** Take the Mass Pike (Interstate 90) to Exit 94 (State Route 146) and stay on 146 North (which becomes Quinsigamond Avenue until it ends at Southbridge Street. Turn right, and find parking near Madison Street, just a couple blocks west of Polar Park.
- **From the west:** Take the Mass Pike (Interstate 90) to Exit 90 (Interstate 290) and exit at either Exit 13 (which will soon be renumbered Exit 17) and turn left to enter Kelley Square or use Exit 14 (soon to be renumbered Exit 18) and turn left at Grafton Street (122) onto Winter Street. It's easier than it sounds.
- **From the south:** Take State Route 146 North all the way until Quinsigamond Avenue ends at Southbridge Street. Turn right, and find parking near Madison Street, just a couple blocks west of Polar Park.

Parking

Downtown Worcester has more than 7,300 spaces within a 5-10 minute walk of Polar Park. Lots and garages owned by the City of Worcester have spaces priced at \$5, \$10, or \$15, depending on proximity to the ballpark. Some of the largest include the McGrath Boulevard lot behind the Worcester Public Library, the Union Station Garage, and the Worcester Common Garage.

For a detailed map of parking areas and more information regarding parking and transportation, please visit [woosox.com/parking](https://www.woosox.com/parking) or [milb.com/Worcester/ballpark/parking](https://www.milb.com/Worcester/ballpark/parking)

Accessible Parking

Available on Green Island Boulevard and Canal Street. Only vehicles with accessible parking placards or license plates may use the on-street parking spaces on Green Island Boulevard and Canal Street. Accessible parking plates and placards allow people to park vehicles in designated accessible parking spaces. They also allow people to park at any meter without paying fees or penalties.

Security: Polar Park Security will be present at registration. You must pass through security to enter the park. WooSox ushers, ambassadors, and security staff, along with Worcester Police Department officers, are present to assist.

Certified 5K Course

- **Route Map:** [click to view the certified 5K race course](#)