RACE GUIDE 2026





WHAT IS CASA?

A NOTE FROM YOUR RACE DIRECTOR

Welcome to the 12th Annual CASA Superhero Run! One of my favorite things about race day is seeing so many familiar faces return year after year, along with new families joining the fun. From our dedicated 5K runners to the smallest superheroes crossing the Kids Run finish line, there's something truly special about this day!

As Spider-Man reminds us, "With great power comes great responsibility." Each of us has the power to make a difference, and today, you're putting that power to good use! By supporting this race, you're part of something bigger. You're helping bring hope and a stronger voice to children who need someone in their corner. Thank you to our participants, sponsors, volunteers, and everyone who makes this day possible.

Your support means more than you know. Now, let's make some superhero memories!



Allison

Allison Stronza,
CASA of Central Virginia, Executive Director

ABOUT CASA OF CENTRAL VIRGINIA

Every child deserves to feel safe, supported, and heard. Unfortunately, not every child has someone looking out for their best interests. That's where CASA comes in.

CASA of Central Virginia recruits, trains, and supports community volunteers who advocate for children involved in the court system due to abuse or neglect. These dedicated volunteers, called Court Appointed Special Advocates, get to know the children they serve, speak up for their needs, and make recommendations to judges that help guide important decisions about their futures.

There are more than 100 children waiting for someone to stand beside them. You don't need superpowers to change a child's life. You just need the heart to help. Learn more about becoming a CASA volunteer at CVCASA.org or at our CASA tent near the finish line.

GET INVOLVED

For More Information Visit CVCASA.org

CASA'S UPCOMING EVENTS

Mustaches for Kids

November 2026

Information Sessions

November 10, 2026
- 12:00 PM & 5:30 PM
- Virtual

November 19, 2026
- 10:30 AM
- Downtown CASA Office

November 21, 2026
- 5:30PM
- Downtown CASA Office

Training Application Deadline

December 18, 2026

Training Classes

January 2027

Child Abuse Prevention Month

April 2027

Awareness Auction

April 2027

8th Annual Fore the Kids Golf Tournament

September 22, 2027

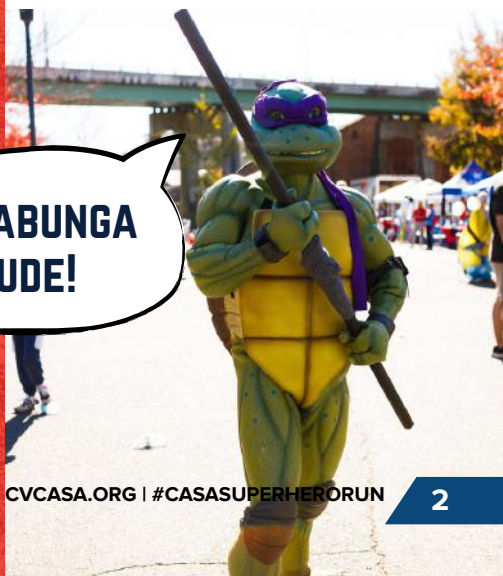
13th Annual CASA Superhero Run

November 6, 2027

cvcasa.org/upcoming-events







PACKET PICK-UP

Participants are encouraged to pick up their race packets on Friday to avoid congestion on Saturday morning. Also, if you registered after our t-shirt guarantee date (Oct. 10), you may still get a shirt in your preferred size but they are first come, first served.

PRE-RACE DAY PACKET PICK-UP

Location:

Riverside Runners, 2480 Rivermont Ave, Lynchburg, VA 24503

Date/Time:

Friday, November 6 - 11:00 AM - 6:00 PM

RACE DAY PACKET PICK-UP

Location:

Superhero Run Festival Area - Packet Pick-up Tent

Times:

5K Run or Walk: 9:00 AM - 9:45 AM

Kid's 1 Mile Fun Run: 9:00 AM - 11:30 AM

RACE INFO

RACE DATE

Saturday, November 7, 2026

RACE LOCATION

Percival's Island Nature Trail
1600 Concord Turnpike; Downtown Lynchburg

RACE SCHEDULE

9:00 AM Festival Opens

9:55 AM Assisted Athlete 5K Starts

10:00 AM 5K Run Starts

10:05 AM 5K Walk Starts

11:00 AM Award Ceremony

Age Group Awards, Adult Costume Contest Awards, & Door Prizes (Door Prizes are based on bib # and you must be present to win)
Can't Stay? Find race results at lynchburgsuperherorun.com.
Pick up age group award trophy at Riverside Runners.

11:45 AM Kids 1 Mile Fun Run

Kids running without parents will line up first, then kids with parents, then kids with parents who are pushing strollers.
After the kid's run, parents with a matching bracelet may pick up their. child in the parent/child meet-up corral. You will receive your bracelet at packet pickup.

12:15 PM Kids Finish Line Dance Party

Dance Party includes Kid's & Family Costume Contest Awards & Door Prizes (based on bib #, and you must be present to win)

12:45 PM Festival Ends

ADDITIONAL RACE INFO

REFRESHMENTS

Our food tent will have mini subs from Jersey Mikes, snacks, Gatorade, and water bottles for our 5K participants. All kids run participants will get a snack bag in the parent/child meet up corral. Food tent refreshments are for our registered runners only. The Happy Waffle, Holy Heaven Cookies, and Blackwater Coffee Trailer will be there for participants, volunteers, and spectators. Please bring cash or a card if you or your family members want to purchase anything.

BAG CHECK

If you want a place to safely store your belongings while you run, then remember to bring your race bag with you on race day. Put your keys, wallet, phone, etc. inside of your race bag and we will attach your bag check ticket to it and hold it safely in our bag check tent. Please remember to bring your race bag on race day if you want to take advantage of this service. We have a limited number of extra bags.

MERCH DETAILS

Superhero merch can be purchased at the merch tent. Quantities are limited and can't be held for purchase at a later date. We accept cash, card, Apple Pay, and Venmo.

- Shirts: $15
- Capes: $10
- Spidey Hands: $10

ACTIVITIES AND VENDORS

Be sure to stop by our event vendors for some extra superhero fun! A face painter and 3D printing vendor will be on-site offering services and items available for purchase.

COSTUME CONTEST

SPONSORED BY BEACON CREDIT UNION

THE DETAILS

Save those Halloween costumes or make your own and see if you have what it takes to earn the top award. Fill out a costume contest entry form from the Costume Contest Tent on race day! You must be a race participant to enter.



COMPETITION CATEGORIES

- Best Superhero Girl
- Best Superhero Boy
- Best Superhero Woman
- Best Superhero Man
- Best Superhero Duo
- Best Superhero Family or Group
- Best Superhero Baby



PRIZES

Winners will receive a prize & a FREE ENTRY for next year's Superhero Run!

EXTRA DETAILS

Adult categories will be announced at the 5K awards ceremony, which begins at 11:00 AM.
Entries must be received by 10:30 AM.

Child & Family Categories will be announced directly after the kid's run finishes at 12:15 PM.
Entries must be received by 11:45 AM.

PARKING MAP


5TH ST.
6TH ST.
7TH ST.
8TH ST.
9TH ST.
10TH ST.
11TH ST.
12TH ST.
CLAY ST.
COURT ST.
CHURCH ST.
MAIN ST.
COMMERCE ST.
JEFFERSON ST.
BLUFFWALK
LOVE SIGN
WASHINGTON ST.
TRAIL OF THE KEELBOATS
LYNCHBURG EXPY.
CONCORD TURNPIKE
PARKING
START
FREE PARKING ON RACE DAY
PARKING
MIDTOWN PARKING
SHUTTLE ROUTE
SHUTTLE STOP
8:30AM-1:00PM

DIRECTIONS & PARKING

GENERAL GUIDELINES

- Official race parking is the Midtown Parking Deck. There are three ways to enter: from Main St., 9th St., or Commerce St. Traffic is one-way, so you must start at the top of the deck and drive down. Take the elevator down to the lowest level (level E) where you can catch the Superhero Run shuttle to the race start. The shuttle stop is on Commerce St. in front of the Midtown Deck. Shuttles will run in continuous loops from 8:30 AM to 1:00 PM.

- Additional street parking is available along Jefferson, Commerce, Main, and Church Streets. Most spaces are free and unlimited on the weekends. If you park in a private lot (restaurant, loft/condo, business, etc.) that clearly states parking for customers/tenants only, you may be ticketed or towed. Please obey all street and parking signs. CASA of Central Virginia is not responsible for parking tickets or towing fees for any race participants that park in private lots, permit-only spaces, or other non-authorized areas.

- The Percival's Island lot will be closed for race festival activities. Only vendors who are unloading/loading are allowed in this lot.

- Handicap parking is available in our volunteer parking area. Please see the parking attendant near the race start for assistance.

PLAN TO ARRIVE 30 MINUTES EARLY

Please plan to arrive at least 30 minutes in advance of your race start time to ensure you have time to find parking and enjoy the festival activities, costume contest, and food trucks. If you need to pick up your packet, you will need to arrive even earlier to ensure you're at the start line on time.

FESTIVAL MAP





COURSE MAP

The Superhero Run course is an out-and-back race on a paved trail. Both the 5K and Kids 1 Mile races start and end at the Percival's Island parking lot/festival area. The Kids Run turnaround spot is shortly after crossing the first bridge. The 5K turnaround spot is shortly after crossing the second bridge. There will be one water stop on the Kids Run course and one water stop on the 5K course.

- BRIDGE
- SHUTTLE STOP
- BATHROOMS
- 5K TURNAROUND
- KIDS 1 MILE TURNAROUND
- RAILROAD CROSSING
- WATER STOP

DYNAMO DONATIONS



Every Dollar Makes a Difference

We want to thank everyone who signed up to fundraise for CASA during registration. Every dollar raised helps us provide a voice, a real superhero, to a child who has experienced abuse and neglect in our community.

Accordingly, we offer a range of affordable options to support children in need. These opportunities are a great way to help, in case you are unable to volunteer.



$30 PER MONTH

- This pays for one new CASA volunteer to go through our 40 hour pre-service training course.

$50 PER MONTH

- A donation of $50 per month will recruit three new CASA volunteers.

$100 PER MONTH

- At $100 per month, you will provide one full year of advocacy for a child.



SCAN HERE or visit cvcasa.org/donate for other ways to creatively donate

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The CASA Superhero Run is made possible by the following generous sponsors:

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We're proud to support CASA of Central Virginia's Superhero Run as it creates an opportunity for families to fuel CASA's work advocating for children in foster care.





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