



# ATHLETE PACKET

VASSAR COLLEGE  
OCTOBER 1, 2023

**BRAGA 5K PLANNING COMMITTEE**

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**LAYOUT DESIGN BY** Julián E. Aguilar



## **FERNANDO BRAGA**

This race is dedicated to the memory of the late Fernando Braga. Fernando was an Iraq war veteran, a Vassar '2017 alumnus, a loving father, campus leader, an anti-racist fighter, and a cherished friend to many.

We aim to create a powerful annual tradition at Vassar College by organizing the "Braga 5k" that we hope will serve as a platform to raise awareness about veteran suicide and educate those unaware of its gravity. We invite everyone to unite with us in honoring Fernando's legacy and joining the cause against veteran suicide.



## **A MESSAGE FROM THE BRAGA 5K PLANNING COMMITTEE**

Dear Braga 5K Athletes,

The Braga 5K planning committee is honored to provide this race in memory of Fernando Braga at the college he graduated from, Vassar College. Though gone, Fernando is not forgotten. We hope that through hosting this race, we will keep Fernando's memory alive and raise awareness of veteran suicide.

Whether you are doing the 5K or the 2.2K alternate route, we hope you will take in the beauty that is the Vassar College campus and reflect on the significance of this race. We are glad you are here to take part in history during this inaugural race that we hope to bring back every year.

Our planning committee is a small but dedicated group of folks. Despite our dedication, this event would not be possible without the support and sponsorship of Vassar College's various departments, programs, houses, centers, and offices. They are the ALANA Center, American Studies Program, Anthropology Department, Asian Studies Program, Chinese and Japanese Department, Computer Science Department, Davison House, Earth Science and Geography Department, Education Department, Ellen Mallet of Houlihan Lawrence, International Studies Program, Jewett House, Latin American and Latinx Studies Program, Lathrop House, Mathematics and Statistics Department, Noyes House, Office of Student Growth and Engagement, Office of Student Living and Wellness, Office of Religious and Spiritual Life and Contemplative Practices, Strong House, Transitions Program, Vassar Veterans Association, and Vassar Veterans Initiative. And of course, our wonderful team of volunteers.

We have taken great care in providing a course for everyone, from the fast, scenic 5K to the comfortable, beautiful 2.2K. This entire race is contained within the Vassar College campus known for its scenic views and stunning architecture.

We hope you along with your family and friends will appreciate your Braga 5K experience.

Respectfully,

The Braga 5K Planning Committee

## WHO IS THE BRAGA 5K PLANNING COMMITTEE?



### **BRITTANY ANDRADE**

BRAGA 5K CO-FOUNDER AND COMMITTEE MEMBER

Britt Andrade is a senior student veteran of Vassar College, the current President of the Vassar Veterans Association, and one of six interns in the Vassar Veterans Admissions office. She is responsible for overseeing the student run organization and helps in ensure quality of life needs are met for both student veterans and traditional students. Britt was not fortunate enough to know Fernando but as a fellow veteran she is all too aware of the impact of suicide and loss on their community. For her, this event honors a good man and ensures help is available for those most in need.



### **ALEJANDRO CASTRO**

BRAGA 5K CO-FOUNDER AND COMMITTEE MEMBER

Alejandro Castro is a junior at Vassar College and is pursuing a major in International Studies while also overseeing external communications for the Braga 5K team. Alejandro's motivation for joining stems from his deep respect for Fernando's dedication to Vassar's veterans and the inspiration he found in Fernando's story. For Alejandro, contributing to the Braga 5K team is a heartfelt tribute to honor Fernando's memory.



**JAIME L. DEL RAZO**  
BRAGA 5K CO-FOUNDER, CO-RACE DIRECTOR, AND  
COMMITTEE CHAIR

Jaime L. Del Razo is an Assistant Professor of Education at Vassar College and a Gulf War combat veteran. Jaime teaches a variety of courses at Vassar including "The School-to-Military Pipeline" and he is currently working on a forthcoming publication titled, "Veterans Starting their Higher Education at the Community College". Though Jaime never met Fernando, he was deeply affected by the passing of our veteran brother, Fernando Braga. He hopes this race will remind us that help is there and that we are not alone. Jaime has participated and fundraised in a number of races including marathons and half-Ironmans.



**COLLEEN MALLET**  
BRAGA 5K CO-FOUNDER, CO-RACE DIRECTOR, AND  
COMMITTEE MEMBER

Colleen Mallet is the Director of Veteran Students Outreach and Support at Vassar College. She is responsible for the recruitment of prospective veteran students and serves as the point person for the veteran and military-affiliated student population. Colleen personally knew Fernando and saw all of the many ways he was engaged with the Vassar Community. She was one of the many who were saddened and shaken by his death. To her, the Braga 5K is a way to honor his memory and his Vassar legacy. Colleen has participated in and fundraised for several 5ks and half-marathons on behalf of the Leukemia and Lymphoma Society.

# SCHEDULE OF EVENTS FOR RACE DAY

**SUNDAY, OCTOBER 1, 2023**

**RACE SITE AT JOSS BEACH, VASSAR COLLEGE**

7:00am - 8:30am	Onsite registration at Race Site on Joss Beach
8:30am - 8:45am	Remembering Fernando (we ask that all gather and be present)
8:45am - 8:50am	Athletes transition to corrals (faster up front, slower towards back)
8:50am - 8:55am	Safety Briefing for all athletes at Race Site on Joss Beach
9:00am	Race start for all athletes at Race Site on Joss Beach (via Air Horn)
10:15am	Awards Ceremony at Race Site on Joss Beach
11:30am	All race areas close

**PLEASE NOTE:** Athletes must be present at the Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for shipping and handling fees.

## IMPORTANT ADDRESSES

Vassar College  
124 Raymond Avenue, Poughkeepsie, NY, 12604

North Lot Parking  
See campus map or use coordinates: 41.69076° N, 73.89683° W

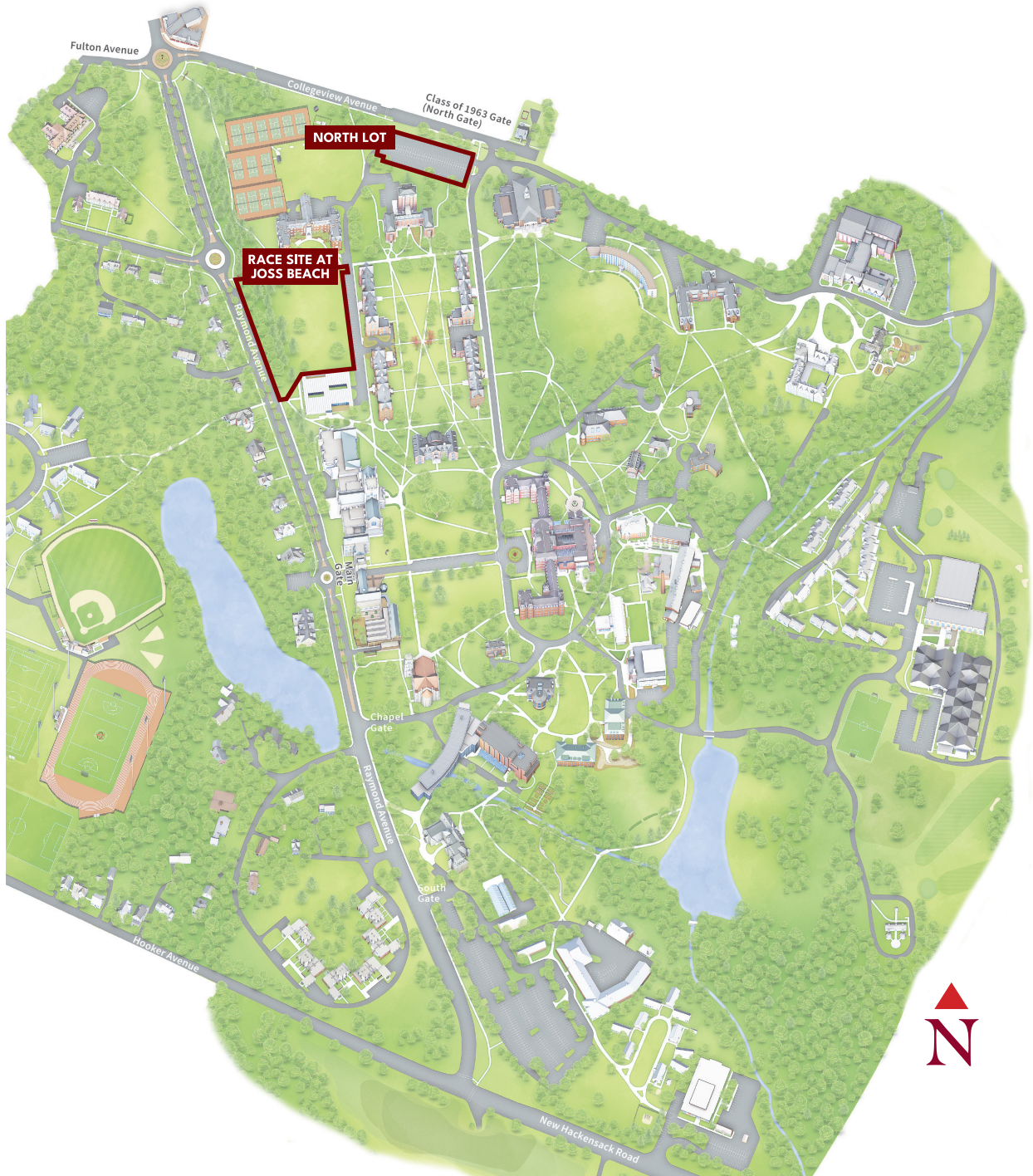
Race Site at Joss Beach  
See campus map or use coordinates: 41.68939° N, 73.89837° W

## QUESTIONS?

Email the Race Directors:  
Colleen Mallet, [comallet@vassar.edu](mailto:comallet@vassar.edu), or Jaime L. Del Razo, [jdelrazo@vassar.edu](mailto:jdelrazo@vassar.edu)



# CAMPUS MAP

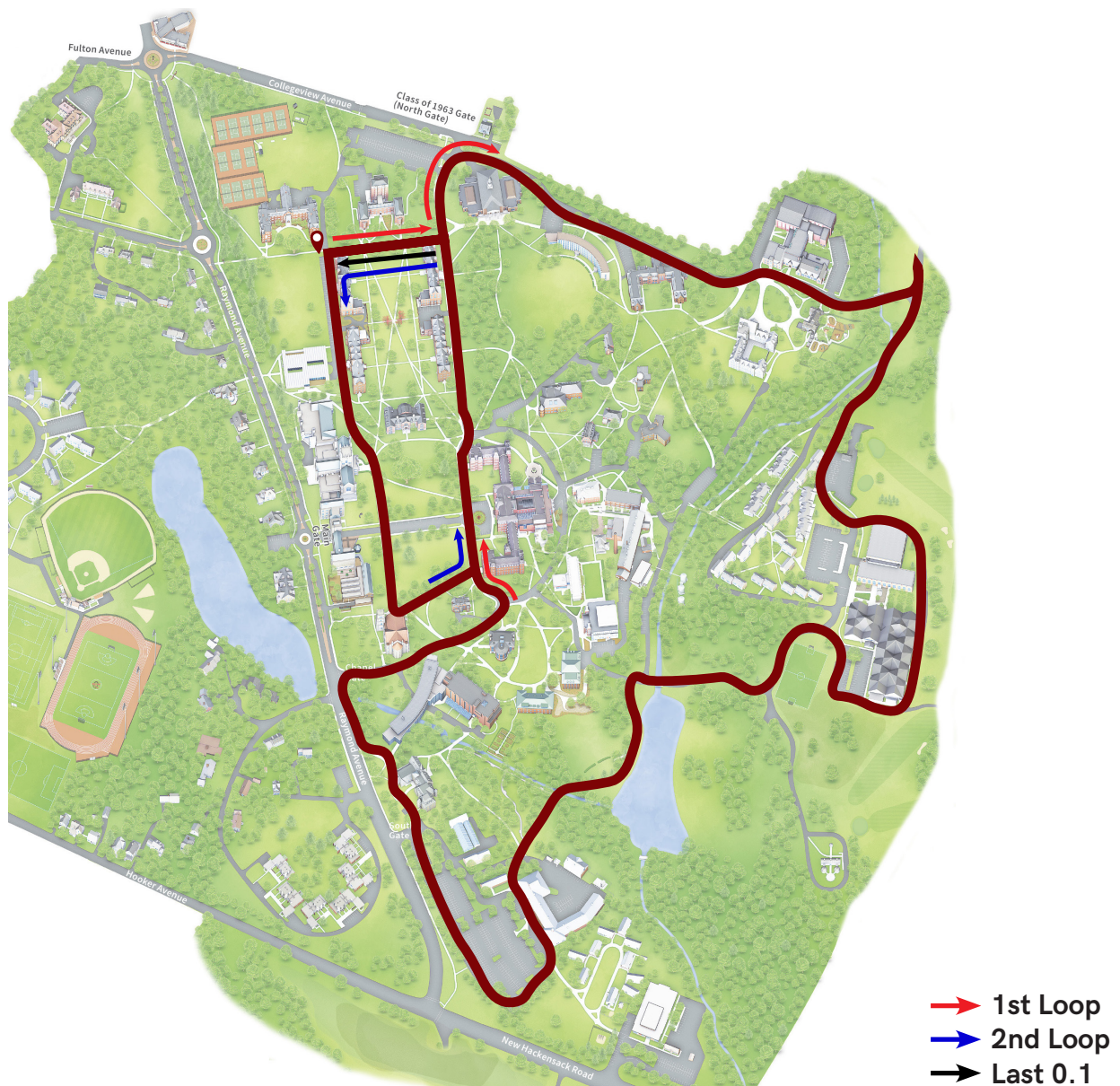




# BRAGA 5K COURSE

## RUN, WALK, OR ROLL 5KM (3.1 MILES)

1. Exit Joss Beach towards North Drive
2. Make one big loop, then one smaller loop
3. Finish back at Joss Beach



# BRAGA 2.2K ALT COURSE

RUN, WALK, OR ROLL 2.2KM (1.37 MILES)

1. Exit Joss Beach towards North Drive
2. Make one big loop all along paths (no roads, just small crosswalks)
3. Finish back at Joss Beach





# RACE INFORMATION

**RACE DATE:** SUNDAY, OCTOBER 1, 2023

**RACE START:** 9:00AM

**RACE SITE:** JOSS BEACH, VASSAR COLLEGE (SEE CAMPUS MAP OR USE COORDINATES: 41.68939° N, 73.89837° W)

**ROADS.** No roads will be closed for the race. You must stay to the left on the shoulder at all times unless a designated path is visible for pedestrians. We have road guards present at major intersections, but it is every athletes responsibility to watch for vehicular traffic. We have provided signage throughout the course to remind you of road safety.

**ATHLETE CHECK-IN.** Athlete check-in opens at 7:00am on race day at the race site on Joss Beach at the registration table. All athletes must check in before 8:30am. Racing bibs must be clearly visible throughout the race. Give yourself adequate time to ensure your bib is secured and clearly visible before the race starts at 9:00am.

**RACE CORRALS.** Only athletes with racing bibs are permitted in the race corrals. Family members and spectators are not allowed to enter.

**PARKING.** Athletes are encouraged to arrive early and park in the North Lot and walk to the race site (~2-minute walk) at Joss Beach (see campus map). There is a designated overflow parking area in the grassy area to the west of the North Lot that may be available. If both parking areas are full, participants will have to park in the South Lot (see campus map) and walk back to race site (~15-minute walk). There will be no shuttle service.

**ATHLETE SAFETY BRIEFING.** All athletes must be present at the Race Start at 8:50am to listen to final safety briefing by the Race Director(s).

**AID STATIONS.** There will be an aid station at the race site on Joss beach and at the approximate midpoint of the 5K course. Each aid station will offer: Water, Gatorade, Bananas, Oranges, and Bagels

**AWARDS CEREMONY.** The awards ceremony will take place at race site on Joss Beach at 10:15am. Awards will be given to 1st, 2nd, and 3rd places in the following categories:

**GIRLS:** 14 years old and under

**BOYS:** 14 years old and under

**FEMALES:** 15 years old and over

**MALES:** 15 years old and over

**ALTERNATE COURSE.** This course is mostly on pedestrian paths with only a few short crosswalks. There will be signage throughout this course, but no road guards will be provided. It is up to all athletes on this course to look both ways before crossing the street. The 2.2K alternate course will be untimed and no awards will be given for completing this course. However, all athletes completing either course (5K or 2.2K) will receive a finisher's medal.

**LOST & FOUND.** If you lose any equipment, please visit the registration/administration table to see if anyone found it. We are not responsible for equipment left behind at the race site.

# RULES

**HEADPHONES / EAR BUD POLICY.** The use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during the Braga 5K. This is an open course and vehicular traffic will be present. You must be able to hear traffic and road guard instructions for your and everyone's safety. Athletes who choose not to respect this policy will receive an automatic disqualification.

## GENERAL RULES OF CONDUCT & PENALTIES

**GENERAL CONDUCT.** At or during an event, or while at the event site, all participants must:

1. Act in compliance with these Rules;
2. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials, or volunteers and is considered reasonable and acceptable in the community;
3. Treat all participants, officials, volunteers and spectators with fairness, respect, and courtesy;
4. Refrain from the use of abusive language or conduct; and
5. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

**RACE CONDUCT.** All participants must adhere to the rules in this Section:

**A) ENTIRE COURSE.** Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Race Director in their sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment. In the event the Race Director makes such a determination, the penalty shall be disqualification.

**B) UNSPORTSMANLIKE CONDUCT.** Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward any race staff. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Race Director.

**C) OBSTRUCTION.** Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another



participant. Any violation of this Section shall result in a variable time penalty.

**D) RE-ENTRY.** Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Race Director in their sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.

**E) RACE NUMBERS.** Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed, and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.

**F) UNFAIR ADVANTAGE.** No participant shall use their body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.

**G) UNAUTHORIZED ACCESSORIES.** No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Race Director. Any violation of this Section shall result in a variable time penalty.

**H) GLASS CONTAINERS.** No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Race Director determines that such conduct constituted endangerment, in which case the penalty shall be disqualification.

**I) UNAUTHORIZED EQUIPMENT.** No participant shall use any equipment which the Race Director determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.

**J) ENDANGERMENT.** No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.

**THANK YOU AND  
SEE YOU ON RACE DAY!**



**BRAGA5K**  
NOT ONE MORE