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**MoveNYC FAQs**

***How many people will be able to participate?***

**2,500** people will be invited to move with us.

***Who is eligible to participate?***

This event is only open to current NYC employees ([view full list of eligible agencies](http://02d4c92f-8fc4-45a0-ab4f-4081c359b684.usrfiles.com/ugd/02d4c9_10e66fc76f744db39c7e41015d8eefe6.pdf)). However, if you wish to invite friends or family to cheer you on, all are welcome to do so!

***Do I have to be a regular runner to complete a 5K?***

Absolutely not! MoveNYC is for athletes of all levels and we urge you to participate however you are most comfortable. Our goal is simply to get out and move.

***How long is a 5K?***

A 5K is approximately 3.1 miles.

**If I register for the race and decide not to run, can someone else use my bib?**

To ensure the safety of all of our participants, transferring spots in the MoveNYC event is not permitted.

**Will I get overtime/compensation time/an excused absence for participation in MoveNYC?**

Unfortunately not. While we love the City spirit that you are exhibiting during the event, it does not qualify as a part of your work day. If the event is during your normally scheduled work hours, please be sure to coordinate with respective parties so you can take the time off.

**How should I get to the race? Is there parking in Prospect Park?**

Prospect Park is officially car-free and there is no vehicle parking, so we highly recommend taking public transportation to the event. The closest subway stops are the B/S/Q Prospect Park stop or the F/G 15st – Prospect Park Station.

**Can I run with my baby stroller or pet?**

Great question! Due to the number of people participating in the event and the capacity of the roadway, strollers and pets – outside of service animals – are not permitted on the course. You are welcome to bring either to the festival but they cannot be left unattended.