

# **TIKIM Filipino Food and Fun Run: Tampa, FL**

## **Frequently Asked Questions**

### **What is TIKIM Filipino Food Fun Run?**

*TIKIM (is a Filipino word that means “to taste”) is a one-of-a-kind 5k run or walk that celebrates culture and the value of giving back through happiness and food.*

*Imagine a 5K course with a Filipino taste station at each kilometer of the way! As you cross the finish line, a food fair featuring favorite, popular and traditional Filipino dishes awaits.*

*Not only will your run be fun, but it’s also a way to give back, as part of the proceeds of the TIKIM Fun Run registration will be donated to support ABS-CBN Foundation International. This project will help support the children and their families improve nutrition and transform their communities.*

### **When is it?**

*The event will be on Saturday, November 17, 2018.*

### **What time is the event?**

*The run will start at 10:00AM and the post-race activity will start at 12:00PM until 4:00PM.*

### **Where is it?**

*The fun run and food festival will be held at the Philippine Cultural Enrichment Complex, 14301 Nine Eagles Drive, Tampa, FL 33626.*

### **What are the parking accommodations?**

*There are parking lots available at the Philippine Cultural Enrichment Complex. There will be an attendant there to assist you. Since parking is first come first serve, it is highly recommended that you arrive early!*

*We encourage you to carpool with a friend, have someone drop you off or use your favorite rideshare or cabs when possible.*

### **How much is the registration to run and attend the food fair?**

| <b><i>TIKIM Filipino Food Fun Run and Food Festival</i></b>                         |                |
|---|----------------|
| <i>Early Bird for Adult Runner (until October 19, 11:59 PM EST)</i>                 | <i>\$40.00</i> |
| <i>Regular Adult Runner (October 20, 12:00 AM EST - November 17, 11:00 AM EST )</i> | <i>\$50.00</i> |
| <i>Youth Runners (ages 6-17)</i>  | <i>\$20.00</i> |
| <i>Youth Runners (ages 0-5)</i>   | <i>Free</i>    |
| <i>Food Festival</i>  | <i>Free</i>    |

### **Do you offer discounts to Senior Citizens and for this event?**

*We do not offer senior citizens discount.*

### **Can I bring my pet to the event?**

*Pets are allowed as long as they are on a leash. Please be sure to clean up after them.*

### **Do I have to be Filipino to attend the event?**

*The event is open to everyone. We invite people of all race, religion, age, and creed to come enjoy our food run and fair as well as learn about Filipino culture.*

### **Will there be a Meet & Chat with a Filipino celebrity?**

*At this time, there are no celebrities scheduled to make an appearance at this event.*

## **ABOUT THE RUN**

### **Are the hydration stations along the course?**

*Yes*

### **What is the run course like?**

*The course is primarily flat with minor elevation. We will release the official course map once it is available.*

**What food will be served along the 5K course?**

*Each station will be sampling a menu of curated Filipino food - from familiar flavors that are matamis (sweet), maasim (sour), maalat (salty), and maanghang (spicy). The idea is to promote the best of Filipino flavors from something familiar (mild) to something unique (wild).*

**How much food will be served during the run?**

*Small servings of Filipino foods will be served during the run.*

**Do I have to eat the food?**

*Sampling is optional but only available to registered runners. Non-registered festival attendees are not subject to the samples.*

**Won't running and eating cause appendicitis?**

*While TIKIM is a fun run, where participants can choose to walk and/or run while eating, there is no evidence that it will cause appendicitis.*

**Is there an age policy for the fun run?**

*While all ages are welcome to join the fun run, we request that participants 6 years old or younger be accompanied by parent or guardian at all times. The parent or guardian is also required to be registered for the race.*

**Is there a recommended clothing/costume for the Fun Run?**

*We recommend you dress warm, with layers, but make sure you're comfortable and able to move around. Be sure to check local weather reports and be prepared for the current conditions.*

**REGISTRATION****How do I register for the run?**

*It's simple. Just [click here](#) and fill out the form. Please note that we do not accept phone registrations.*

**How do I know if I am registered?**

*You will receive a confirmation email from itsyourrace.com with your registration information. You can also confirm your registration by logging into your It's Your Race account.*

**Do I have to register children to participate in the run?**

*Children under the age of 5 are free but do not get a bib or shirt. Minors between the ages of 6 to 17 can register for the run at the youth rate of \$20.*

**Can I register on the day of the event?**

*Yes, we will keep the online registration open until 10AM on November 17, or until bibs are out, whichever comes first. Those who register on the day of the event would have to do it on our official registration site from their devices (mobile data connection is runner's responsibility). On-site registration will be accepting cash only.*

**What is included in my registration fee?**

*Registered adult runners will receive a commemorative TIKIM t-shirt, race bib, race medal, and an acknowledgement letter with your donation to ABS-CBN Foundation International. All runners will receive their finisher's medals at the finish line.*

*Registered youth runners will receive a TIKIM t-shirt and race bib, with the finisher's medal at the finish line.*

**Can I get a refund if I register but don't run?**

*There are no refunds after registration is complete.*

**Will I be timed?**

*Yes, each bib will be chipped. Further instructions on how to view your time will be released soon.*

**Are walkers and jogger strollers allowed?**

*Yes. Everyone in the family is welcome!*

**What time does the Fun Run start?**

*The run will start at 10:00AM. Registered runners will receive instructions via email before the event.*

**When and where can I pick-up my race packet?**

*TBD*

**Will there be race day packet pick-up?**

*While we recommend you take advantage of picking up your packets prior to race day, we understand how busy people can get and are extending the packet pick-ups to the day of the run. A fee may apply for race day packet pick-up. Schedule is TBD.*

**Can I have a friend or family member pick up my packet for me?**

*Yes, your friend or family member can pick-up packet for you as long as they have a written authorization from you to pick up, along with a copy of your confirmation email and your ID.*

**Can I have my race bib and shirt mailed to me?**

*No, we will not mail out any race bibs or shirts via mail.*

**What if it rains?**

*If there is a hazardous weather condition, as with any other marathon or sporting event, the race maybe cancelled. ABS-CBN International will make every attempt possible to have this event on race day. If the conditions are life threatening or dangerous and we cancel the event, it will not be rescheduled, and registrations are non-refundable.*

**ABOUT THE FOOD FESTIVAL****What time and where will the Food Fair start?**

*The Food Festival will begin at 12:00PM at the Philippines Cultural Enrichment Complex.*

**Can I just attend the food festival?**

*Yes. Admission is \$10.*

**What will be at the food fair?**

*Mostly Filipino food will be served. We will announce the list of food vendors as they become available.*

**Do you cater for vegetarians and other dietary requirements?**

*Once we have a list of confirmed food vendors, we encourage you to check their website's menu ahead of time. If you know of a food vendor that you would like to see at Tikim, please email us at [tfc\\_events@abs-cbn.com](mailto:tfc_events@abs-cbn.com).*

**Will Filipino celebrities perform?**

*Watch out for any announcements as they become available.*

**ABOUT THE VENUE**

**What are the available facilities?**

*The area provides a wide variety for activities. For more information,  
<http://bayanihanartscenter.org/>*

**Can I bring my own food and drinks?**

*Yes, you may bring your own food and drinks inside the complex with the exception of alcoholic beverages, which are prohibited.*

**What is the security plan in case of an emergency?**

*Call 911. We will have a first aid booth.*

**FOR SPONSORSHIPS/BOOTH SALES**

**How do I sponsor the event or buy a booth?**

*For sponsorship, please contact Carl Briones at 714-595-8330,  
[Carl\\_Briones@abs-cbn.com](mailto:Carl_Briones@abs-cbn.com).*

**VOLUNTEER OPPORTUNITIES**

*We need an extra set of hands for this event! Please visit the TIKIM Volunteer Page to learn about the opportunities available for volunteers.*

***Don't see your question listed above?***

***Email us at [customerserviceUS@abs-cbni.com](mailto:customerserviceUS@abs-cbni.com) and we'll be happy to answer all your queries.***

**SEE YOU ALL AT THE EVENT! 😊**