



8:30 – 5k & 10k Start

8:35 – 1k Fun Run Start

9:30 - Awards

Event Guidelines

- 1> Try to arrive no later than ~ 7:00 – 7:30 am
- 2> Don't leave valuables around start line or pavilion
- 3> Use the Port o Johns – not the woods
- 4> Consider the heat & drink lots of fluids
- 5> Remember to wear the chip timer on your ankle !!
- 6> Be aware of the 5k / 10k split – at 1.3 mi !!**
- 7> Don't cut people off at the start or during the race
- 8> Throw empty cups from aid stations into garbage cans
- 9> Please don't run so hard you keel over or throw up
- 10> Be courteous to volunteers & runners – even fast ones
- 11> Leave CHIP TIMER at the finish line w/ the volunteers
- 12> Have lots of fun & come back every year!!

Greg Sadler will be out with his camera crew taking pictures of everyone so be sure & smile lots !!