

10K & 5K Run/Walk - Fact Sheet

Upper Landing Park, St. Paul, MN

Monday, May 13, 2013

Schedule of Events

5:00 - 5:50	Runner Sign-In
5:50 - 6:00	Runners Assemble at Starting Line
6:00	Race Start (10K, 5K & walk combined)
	Awards Ceremony following finish

- + **Safety First!** - Be alert for occasional car, bicycle, and pedestrian traffic.
- + **Share the Path!** - You will be running on shared-use paths for the duration of the event. Stay to the right at all times.
- + **Registration and Sign-In Required** - Runners check in at the Registration table in Upper Landing Park to receive your number and record positive identity on the video camera. You must be on record before the start of the race to qualify for fabulous prizes.
- + **Wear Your Number** - 5K runners will wear white numbers and 10K runners will wear yellow numbers. They must be pinned on and visible at all times to race officials before, during, and at the completion of your run. Do not remove the strip on the lower part of the number.
- + **Follow Marked Paths** - The route will be marked with arrows showing the path to be followed, with assistance by race officials at key points including:
 - + **The One-Mile Mark**
 - + **5K Turnaround**
 - + **10K Turnaround**

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- ✚ **Start/Finish** - The start and finish lines will use the roped chute near the registration table.
- ✚ **When You Finish** - Race officials at the finish line will remove the strip from the bottom of your number to record results.
- ✚ **Results** - Subject to review and validation by race officials, results will be announced and awards presented immediately following its completion. All decisions by race officials are FINAL.
- ✚ **Maps** - Refer to the maps below for detailed descriptions of the routes.
- ✚ **Questions?** Race officials will be on hand near the Registration table. Look for the specially marked caps.

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10K Run



