

Athlete Guide



The Brent Adler Memorial Run

Schedule Of Events

4:00 pm	Athlete Check-in Begins
4:00 pm	"Tailgate City" on the Stadium Field
5:15 pm	Athlete Check-in Closes
5:20 pm	Final Instructions/Special Recognition
5:25 pm	National Anthem
5:30 pm	5K Start
5:35 pm	2K Start
5:40 pm	0K (Zero K) Start
7:15 pm (Dusk)	Celebration of Life - Fireworks Show
7:45 pm	Race Location Clean Up

General Info

Parking info:

Please use the upper lot of campus.

Athlete Check-in:

After parking, walk down to the football field using the path. Go through the Lightning Gate. Check in will be just outside the field under a LCL Tent. **See Site Map

Non Timed Event:

This event is a memorial fundraiser. We will not have official times recorded for the event. There will be a race clock at the finish line that will reflect the 5K race time. Please use a personal watch to record your accurate time if you wish.

Cross Country Style Course: **See Course Maps

This course will be 95% taking place on grass, please plan accordingly for the conditions.

Follow the Cones and Turn Signs are the simple instruction.

Tailgate Party

This event is marked as BYOE - Bring your own Everything!

Approved Items:

- Chairs
- Coolers
- Adult & Kid beverages
- Snacks
- Yard Games
- EZ Up Tents. **(NO Staking tents on Turn Field)**

Please make sure you plan to stay for the fireworks to cap off the evening.

Course Description

5K

Start Line: Under the Arch on the field

**Head down center of field to North Endzone - Turn Left to
Enter the Track and run one 3/4 Lap to North Gate Exit.**

Follow cones for remaining course

- **North to End of Practice Field**
- **West to End of Fields**
- **South to Turn Around**
- **North Past Soccer Field**
- **Around Softball Field**
- **East toward Football Field**
- **Enter at North Gate, 1 Lap around Track**
- **Repeat for Second Loop**
- **Once back on Track, one Lap and into Finish**

Course Map on following pages!

2K

Start Line: Under Arch on the Field

Head out south Endzone, Turn Left to enter Enter Track

Follow Track out through North Gate Exit

Follow Cones for remaining Course

- **North to end of practice Fields**
- **West to End of Fields**
- **South to End of Softball Field (Turn Left)**
- **Around softball Field**
- **East Toward Football Field**
- **Enter North Gate, 1 Lap around track**
- **Go through North Endzone, Down middle of Field to
Finish Line**

Course Map on following pages

Can't Stop, Won't Stop - 5K

Start Line: Under the Arch on the field
Head down center of field to North Endzone
Enter the Track and run one 3/4 Lap to North Gate Exit.

Follow cones for remaining course

- North to End of Practice Field
- West to End of Fields
- South to Turn Around
- North Past Soccer Field
- Around Softball Field
- East toward Football Field
- Enter at North Gate, 1 Lap around Track
- Repeat for Second Loop
- Once back on Track, one Lap and into Finish



Can't Stop, Won't Stop - 2K

Start Line: Under Arch on the Field
Head out south Endzone to Enter Track
Follow Track out through North Gate Exit
Follow Cones for Remainign Course

- North to end of practice Fields
- West to End of Fields
- South to End of Softball Field (Turn Left)
- Around softball Field
- East Toward Football Field
- Enter North Gate, 1 Lap around track
- Go through North Endzone, Down middle of Field to Finish Line



Site Map



Lake Country
Lutheran High



Additional Information

Event Shirts / Merchandise

We can not exchange your race shirt for any reason until after the race is completed. Subject to Availability

Race Bibs

This is a non-timed event. The race Bib is optional to wear. It is meant to be commemorative for the First Annual Can't Stop, Won't Stop - Brent Adler Memorial Scholarship Race. If you do not wish to have a bib, please do not feel obligated to take one at check-in.

Finishers Medals

At the time of finalizing this Athlete Guide we have 212 Participants registered. We are blown away by the response to this event and thrilled to have you all memorializing Brent and raising funds for his Scholarship. The unfortunate thing is We initially purchased 200 medals for the event hoping we would get close to that number. The fortunate thing is you all showed out for this race! We will be placing a second run of medals, those will be made available for pick up at LCL soon.

Event Weather

Course / Weather Conditions: A color will be displayed at the Start/Finish Line. Please familiarize yourself with the color code system below and wear proper clothing based on the current weather situation in and around Hartland.

EMERGENCY ALERT SYSTEM

Familiarize yourself with our EAS emergency color system prior to competing. A color will be displayed at the start of your event to help notify you of current course conditions.

Green - Conditions are favorable. Enjoy your event and stay attentive.

Yellow - Conditions are not favorable. Please pay close attention to course marshal instructions while on course and be prepared for worsening conditions.

Red - Conditions are extreme. You may continue racing at your own risk. Roads are icy, the temperature may be unsafe, snow may be covering the roads. Please take extreme caution before beginning your event and do not start unless you are certain you are dressed properly and can complete the required distance.

Black - Conditions are dangerous. The race is postponed or cancelled. If you are running, please take immediate shelter or return to the start as soon as possible. Listen carefully for official instructions.