



HAUNTED HALLOWEEN 5K & 10K RUN & WALK

A fundraiser for the boys' volleyball program

PARTICIPANT GUIDE

Event Site and Parking:

The address for Ottawa Sands County Park is 18280 North Shore Drive, Spring Lake, MI. Due to limited parking for this event, you will park across the street at Coast Guard Park, 18161 North Shore Dr, Spring Lake, MI 49456. It's a very short walk (1/2 mile) to Ottawa Sands County Park.

Friday Packet Pickup / Late Registration

Friday packet pickup & late registration takes place from 4:00 PM to 6:00 PM at Ottawa Sands County Park, in the big white tent. You will pick up your race bib, pins, event shirt, and any promotional items offered by sponsors.

- **PARK AT COAST GUARD PARK AND WALK TO OTTAWA SANDS COUNTY PARK!**

Saturday Packet Pickup / Late Registration / Schedule

Saturday packet pickup & late registration takes place from 6:46 AM to 8:15 AM at Ottawa Sands County Park, in the big white tent. You may register until 8:15 AM.

- **YOU MUST PARK AT COAST GUARD PARK AND WALK TO OTTAWA SANDS COUNTY PARK!**

Opening ceremonies/race instructions: 8:15 AM

5K start time: 8:30 AM

10K start time: 9:30 AM

EVENTS WILL START PROMPTLY AT THEIR DESIGNATED TIMES

Run Course

The run/walk course will start and finish at the timing mats, underneath the finish arch. Participants will proceed in a clockwise direction around the lake. Participants will stay on the paved path the entire time. **DON'T GET OFF THE PAVED TRAIL or you will be DQ'd.** A bicyclist will escort the lead runners and follow the last participant. North Ottawa Amateur Radio Club members will be stationed in various locations on the course. Spring Lake Township Fire & Rescue, along with Life EMS, will be serving if an emergency were to arise. The 5K course is 2 laps around the lake, and the 10K course is 4 laps around the lake. While participants "should" be able to count to 2 or 4, the timing mats will keep track of the participants' laps. Mile markers will be placed on the course. There will be 1 aid station on the course, and it will be placed just after the start/finish arch. When participants have crossed the finish line for their respective distance, they will angle off to the left sidewalk, off of the run course.

Weather

Most Michiganders know that the weather can be unpredictable in the end of October. As such, plan your event apparel accordingly. The event WILL take place rain, snow, or shine. We will share the weather forecasts during the week of the event. If there is lightning or thunder, we will implement our 1-hour delay “Flash / Bang” protocols. If, after 1 hour, there is still lightning and/or thunder, with no clearing in sight on the radar, we will have to cancel the event. These are standard protocols in the running and triathlon industry.

Post-Race Snacks

After participants have finished their respective events, post-race snacks will be available in the big white tent. The post-race snacks are only available to participants and volunteers.

Race Bibs

Your assigned race bib **MUST** be worn on the front of your person at **ALL TIMES** during your entire event. This will ensure that your time will be recorded. Your race bib must **NOT** be altered in **ANY** way. You may not fold it or trim it down in any way. Altering your bib will result in a DQ.

Ear Buds / Personal Music Playing Items

iPods, iPhones, or any other music-playing devices are allowed. We suggest that you maintain a lower level of volume so you remain aware of your surroundings, other participants, and any instructions.

Awards, Timetable, and Self-Serve

5K age group awards will be handed out on a “self-serve” basis. The 5K results should be available by 9:40 AM. Volunteers will be in the tent to confirm your placement and give you your respective award.

5K overall winners will be formally acknowledged by 9:40 AM.

10K age group awards will also be handed out on a “self-serve” basis. The 10K results should be available by 10:40 AM. Volunteers will be in the tent to confirm your placement and give you your respective award.

10K overall winners will be formally acknowledged by 10:15 AM

Overall awards will go 3 deep for male and female.

Age group awards will go 3 deep for male and female in 5-year increments up to our oldest participant.

Costume Contest

In addition to the run/walk event, and in keeping with the theme of Halloween, we are having a costume contest. Be creative with your most family-friendly costume. Our staff will determine the 10 most creative costumes and have the participants determine their favorite. The time that this takes place will be determined on race morning.

Miscellaneous

- Port-a-Potties will be on-site for your use and will be placed on the opposite side of the parking lot from the event tent.
- Jogging strollers are allowed, but we need you to start at the rear of the pack

- We're proud to share that famed event photographer, Stellaflly, will be shooting the event for "glamour shots" and individuals. These photos will be made available to participants **FREE OF CHARGE**.
- Please leave your furry family members at home. While we love our furry family members, they will **NOT** be allowed on the course. This is for liability purposes.
- Stage yourself appropriately at the start based on your ability (faster runners up front, and slower runners/walkers stage behind them. This will help prevent the slower participants from getting run over by the faster participants.
- There is **NO** littering on the course. If caught littering, you will be DQ'd. We want to keep the park as clean or cleaner than when we arrived.
- While it probably goes without saying, regardless, do **NOT** relieve yourself on the course. It **IS** a crime, and you could be arrested and prosecuted.
- As shared on the event website, doing the double (5K and 10K combined) is **ONLY** for runners and **NOT** walkers.
- As the course utilizes the paved path, and it is clockwise around the lake, please try not to run (or walk) more than 2 abreast. Please stay as far to your right as possible.
- If you're coming up to pass a participant, please shout out "**PASSING ON YOUR LEFT**". Yes, manners count.
- **Thank you, Ottawa County Parks**
 - While Ottawa County Parks Commission and Ottawa Sands County Park are not involved with the preparation and execution of this event, we are **VERY** grateful for allowing us to host and execute this event.
 - Ottawa Sands County Park, in addition to being a pristine and one of the County's more utilized parks, also offers a variety of yurts, tree houses, and tent camping sites. Please scan the QR code to check out their facilities and reserve your site to make a weekend of it.



THANK YOU!

Thank you **VERY** much for participating in our Haunted Halloween 5K & 10K Run & Walk. We hope that you enjoyed the event and truly appreciate your support of the Spring Lake School Boys' Volleyball Program.