



We Run TOMORROW!

THANK YOU for signing up to join us at Richmond Park! The Brian Diemer Family of Races is excited to host you for a fun event. This email is designed to help you have all of the event day information you need. If you don't see what you are looking for, please email us at lmcubridgerun@gmail.com.

A note on the **weather and air quality**, we continue to watch it closely and consult with the University of Michigan Health-West. At present, we are still planning on having the event and will communicate should that change. While our course does offer some shade, we do recommend hydrating in advance of meeting us at the park. We will have an aid station on the course and water at the finish line.

And yes, there is still time for your friends and family to join you on the course or at the park! Spectators are encouraged and FREE! Registration will remain open right up until the race starts. Participants can run the 5K portion solo or on a team.

See you at the park on Tuesday!

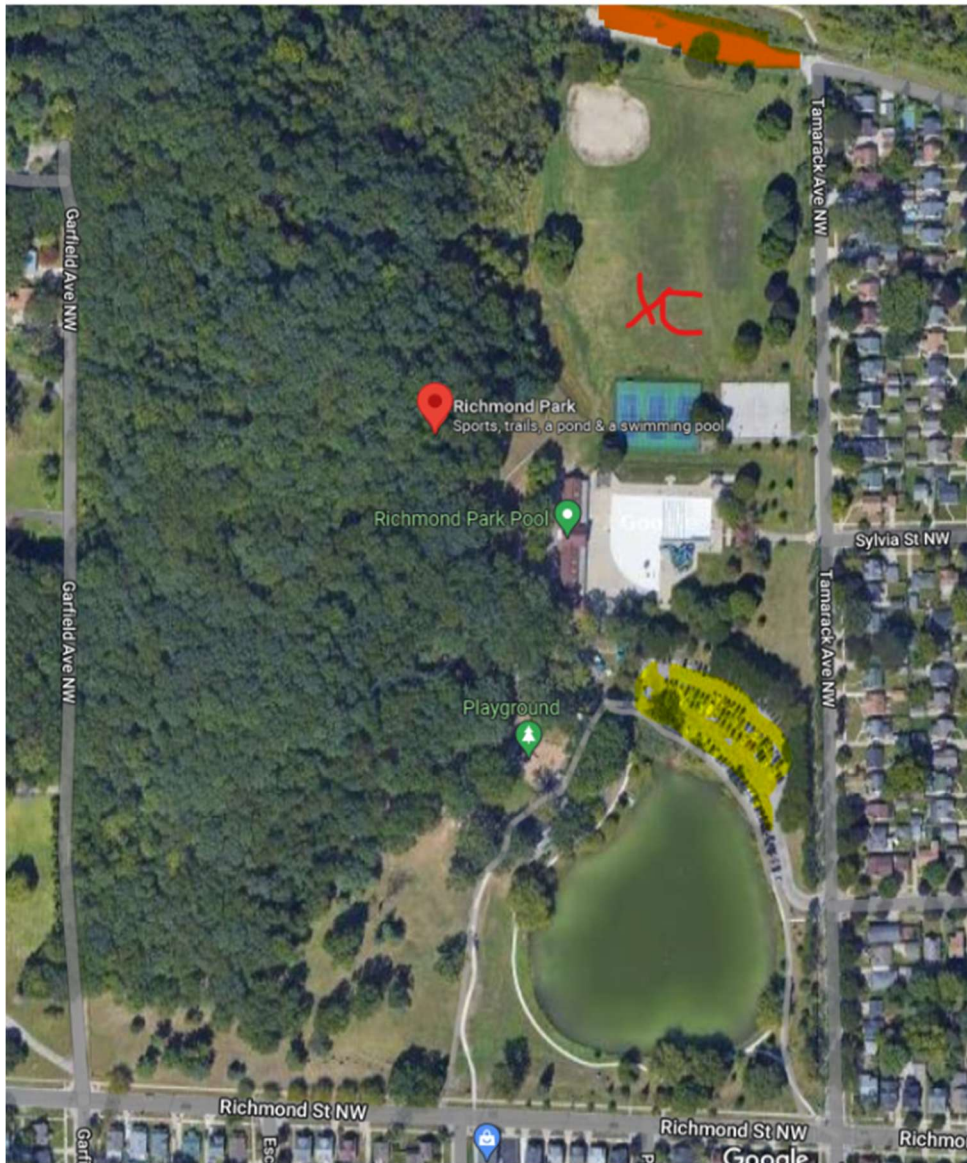
[Take Your Shoes to the Grass!](#)

Parking & Park Map

Richmond Park is located at **963 Richmond St NW, Grand Rapids, MI 49504**.

We recommend that you first park in the lot on the top (north) of the map shaded in red. Then the lot near the pool shaded in yellow. After that, there will be plenty of street parking. Be sure to follow any posted signs and other parking information listed on the City's [website](#).

The start/finish area, along with where you can pick up your bibs will be located on the map where the red "XC" is denoted. Look for the trailer & tent and listen for the music!



Schedule for the Evening

5:00pm: Bib Pick Up begins*

6:00pm: 1 Mile FUN RUN Starts

6:25pm: Bib Pick Up ends*

6:30pm: Cross Country Team Challenge Starts

7:30pm: Awards Ceremony

**we plan to have your bibs organized by your teams (for those of you on a team). you can designate a member of your team to pick up all the bibs for your team, if that is easiest for you. Someone else can pick up your bib too. For the sake of our volunteers, we just ask you to coordinate with your team ahead of time.*

The course will be marked by 5p, feel free to preview it!

Other Important Information

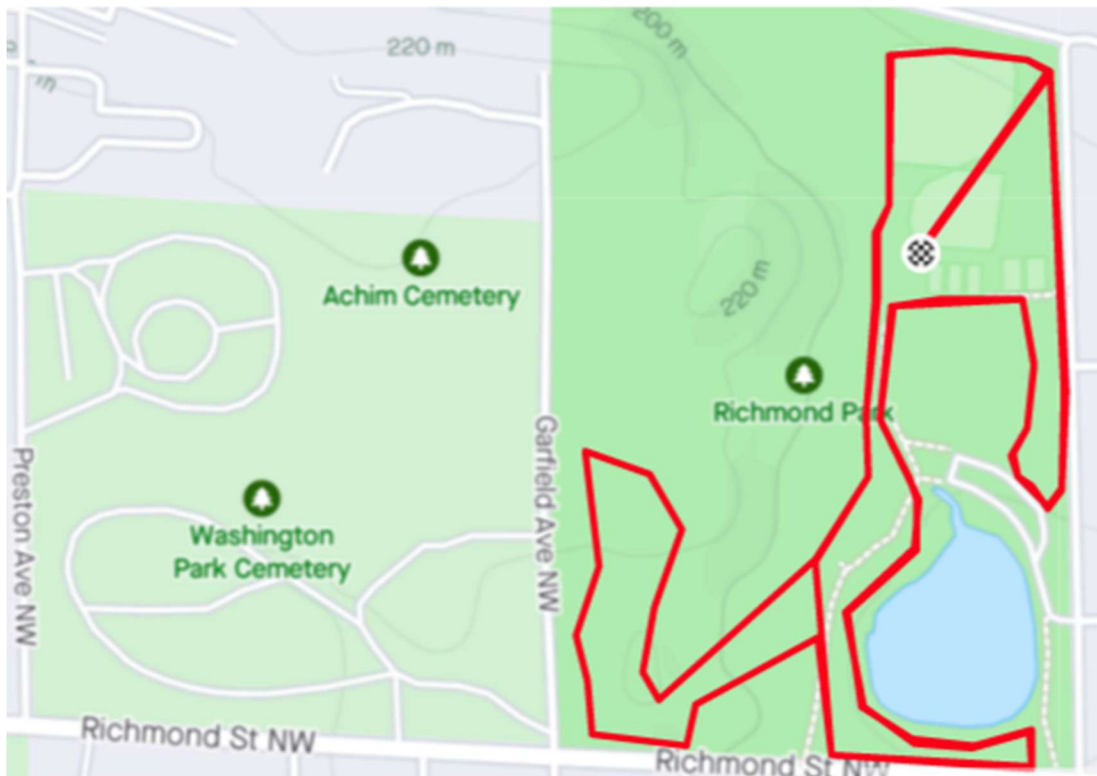
- **Awards.** The categories are outlined on our [website](#). Thank you to **Gazelle Sports** for providing these certificates.
 - **Water & snacks** will be provided at the finish! The snacks will be a mixture of salty and sweet options.
 - If you are still **looking for a team** or **need a few team members** to finalize your current team, let us know by hitting reply to this email.
 - Thank you to **University of Michigan Health - West** for being onsite tomorrow.
 - **Jamie Geysbeek Photography** will be capturing images that we will posted to the website roughly a week after the event.
 - **Spectators** are free and encouraged to be cheering on the course and at the finish.
 - We have order **porta-potties** for tomorrow as we have heard that the **restrooms** at the park aren't reliable. They will be near the parking lot in red on the map. If you want to try the restrooms at the park, they are located in the locker room for the pool.
 - We recommend this [video](#) if you would like to learn more how **cross country scoring works**. Note that we will be using chips in your bibs for scoring and timing.
 - We can never talk too much about **water** on a humid summer evening. We recommend that you come to the park with your own water. We will have a water jug & cups at the starting and finish line and a self-serve aid station on the course. You also can fill your water bottles up in the restroom area of the pool.
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Course Maps

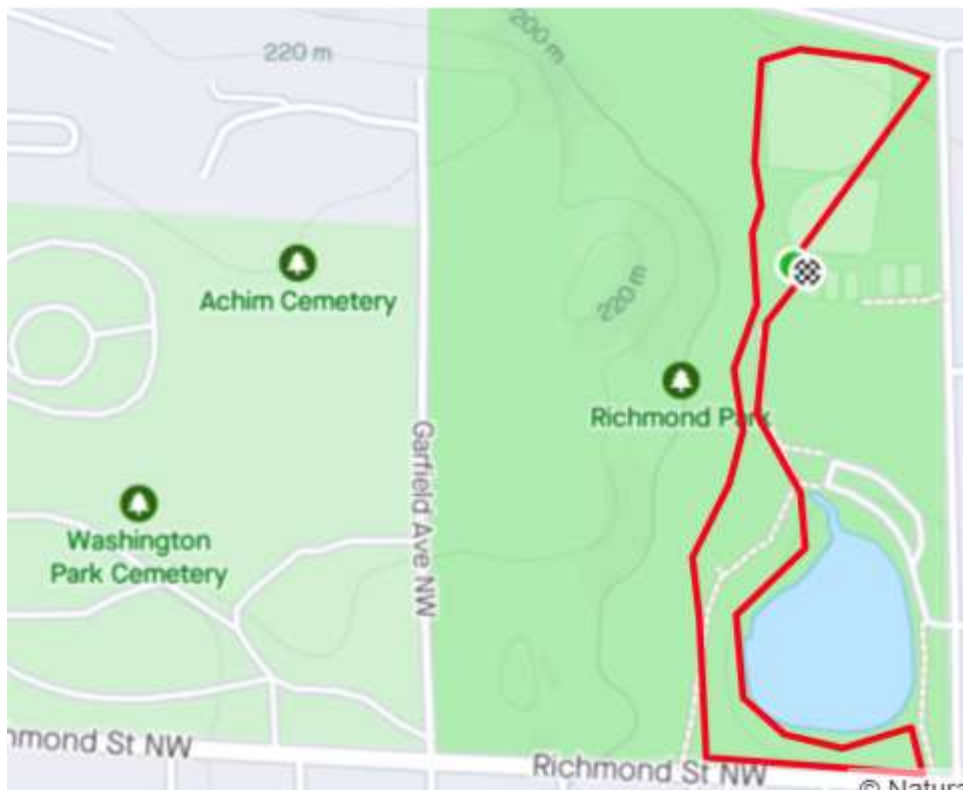
Below are the rough outlines for both routes. The courses will be well marked with a cyclist helping to lead the way. It will be the same course we used last year for both events.

Here is an interactive map for the 5K, <https://www.plotaroute.com/route/2330110>.

Richmond Park 5k



Richmond Park 1 mile



Thank You to our Sponsors!



