



Schedule of Activities

Sunday, July 28th

7th Annual Beaverton Sun Run

- 5:00 a.m. – Huber Timing on site to start set-up**
- 6:00 a.m. – Adapt opens building – initial Sun Run people will start set up.**
- 6:15 a.m. – Vendors Arrive**
- 6:30 a.m. – Begin Registration/Same Day Packet Pickup at Adapt Training gym**
- 7:15 a.m. – Day of Registration ends.
Runners/walkers gather near the start line with 10K runners in the front.**
- 7:20 a.m. – Stretching led by Adapt Training**
- 7:25 a.m. – Race Notes - Race Instructions by Tom Freitag**
- 7:30 a.m. – Start of the 10K race**
- 7:40 a.m. – Start of the 5K race/walk**
- 7:50 a.m. – Kid’s Dash**
- 8.00 a.m. – Beer and Food**
- 8.45 a.m. – Close of Kid’s Dash**
- 9:30 a.m. – Closing Presentations
Rotary Introduction
Listing of Top Finishers – Special Award for back of the Medallions**