

Athlete Guide

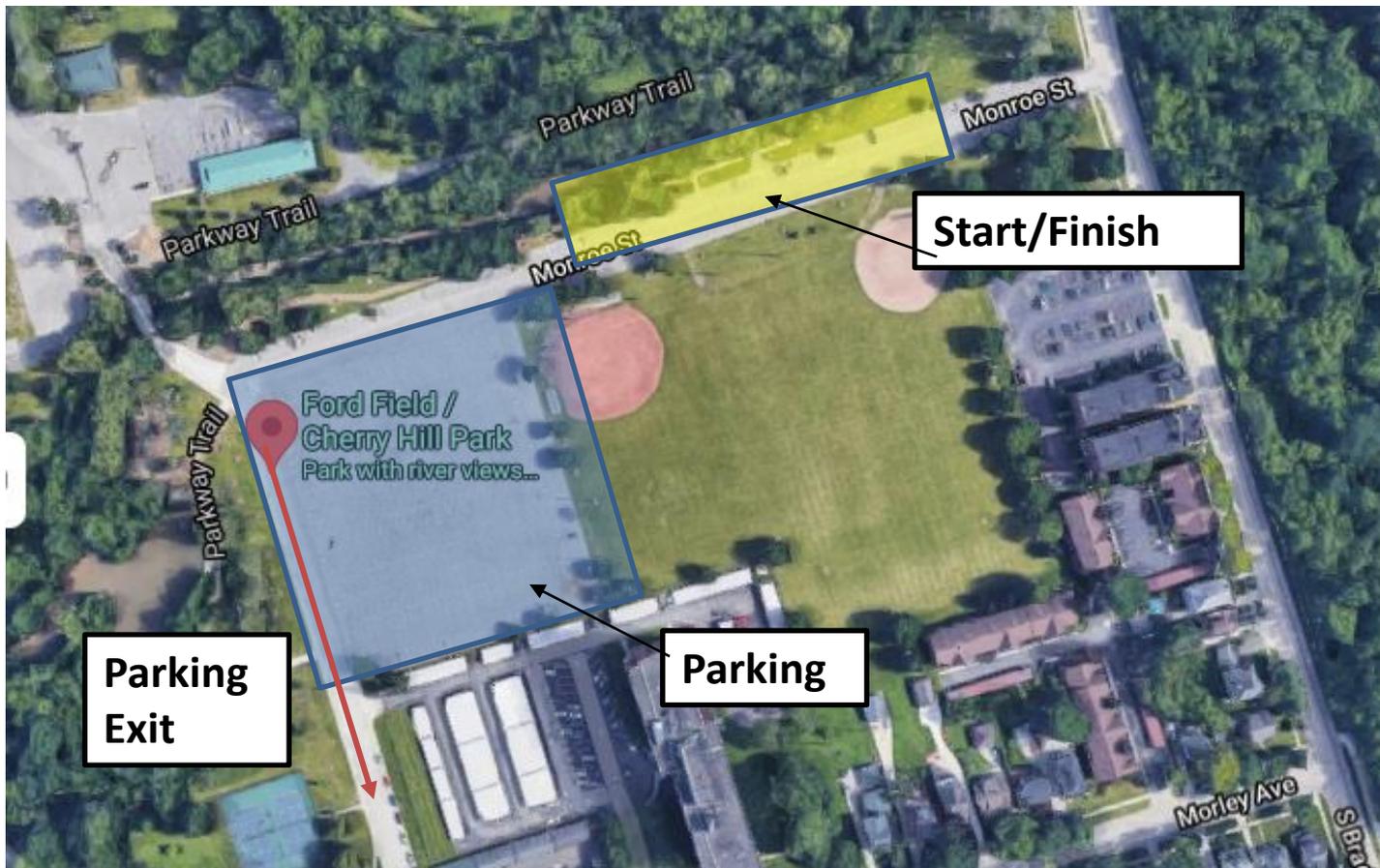


Race Day Schedule

- Packet Pickup: 6:30 am - 7:50 am
- 5k Pre-race meeting: 7:50 am
- 5k Start: 8:00 am
- Course Closes: 9:05 am
- Awards: 9:10 am

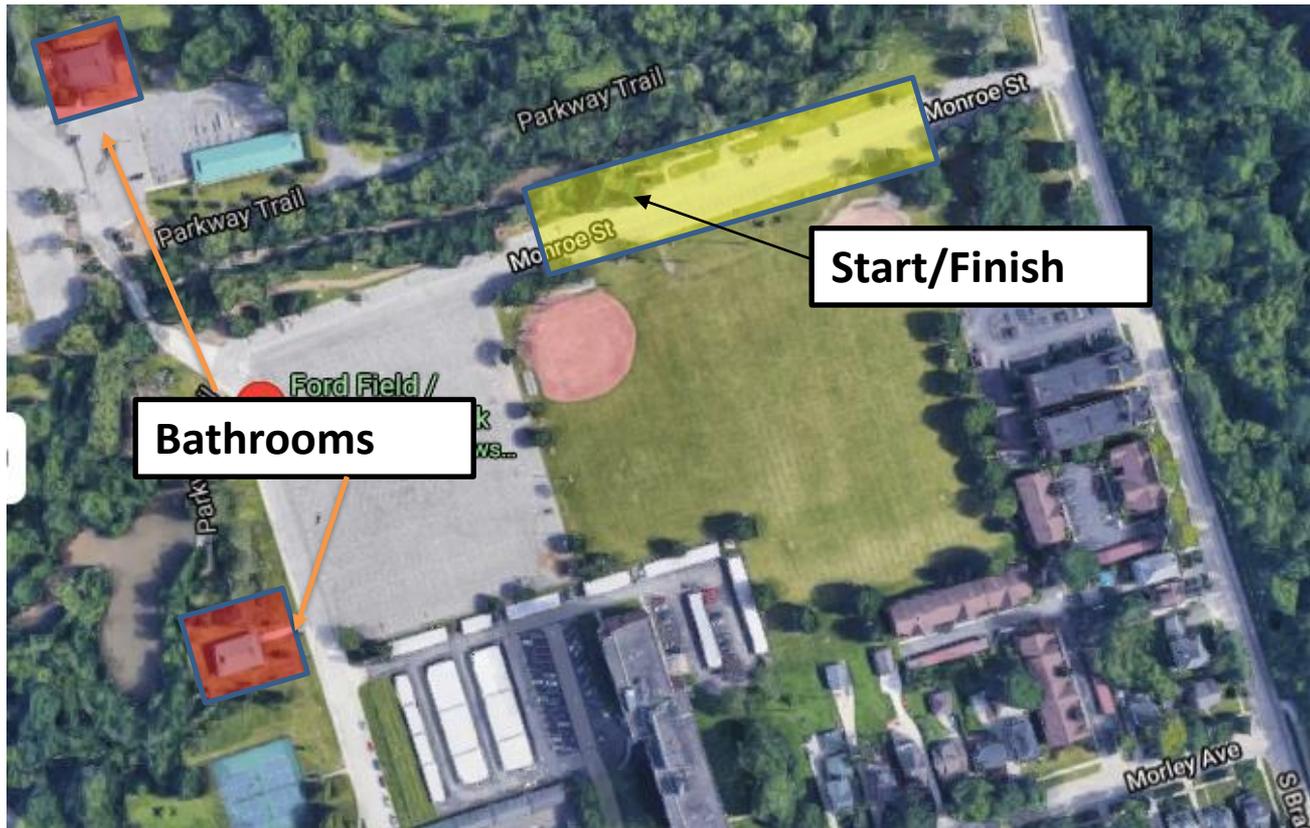
Parking

There is a large lot for parking. Please note, that you will need to head south out of the park to leave if you leave prior to the end of the race.



Bathrooms

The park has really great facilities at two locations. The largest set located in the North part of the park across the footbridge.



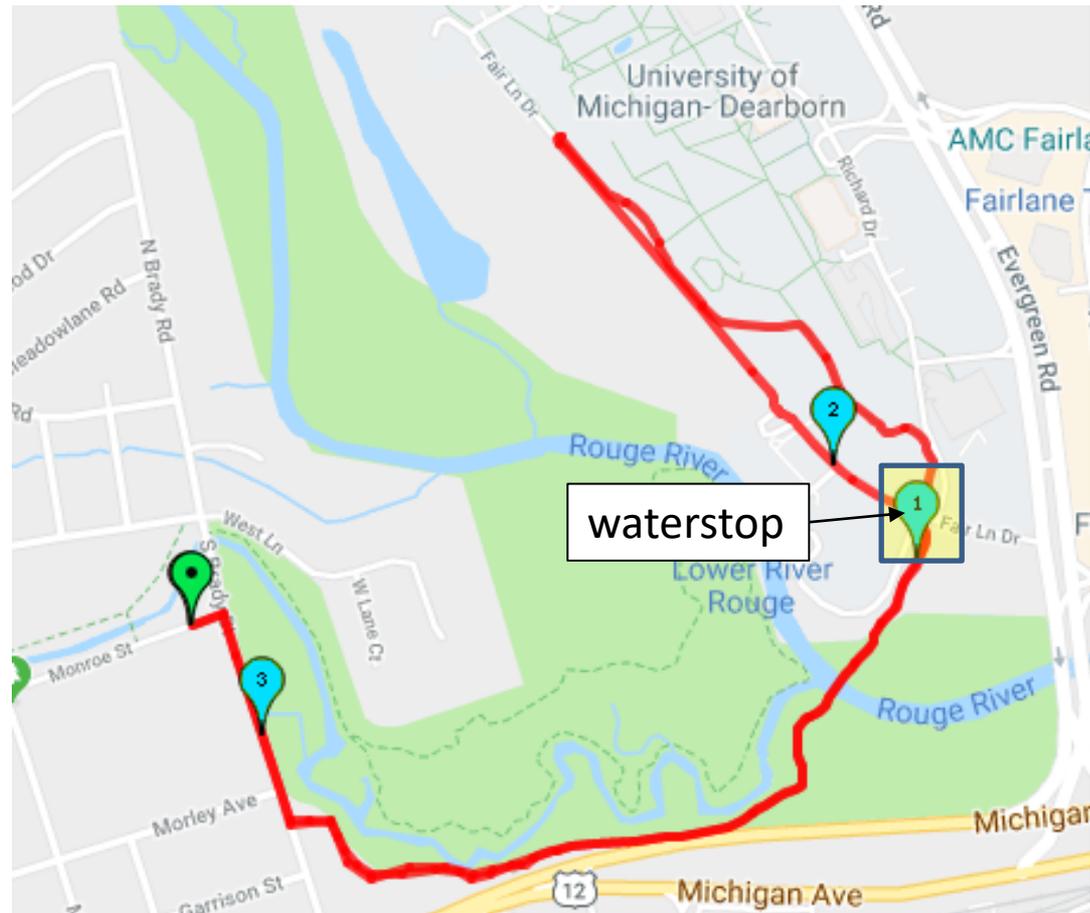
Course Map ([link](#))

This year's course is a USATF Certified 5k!



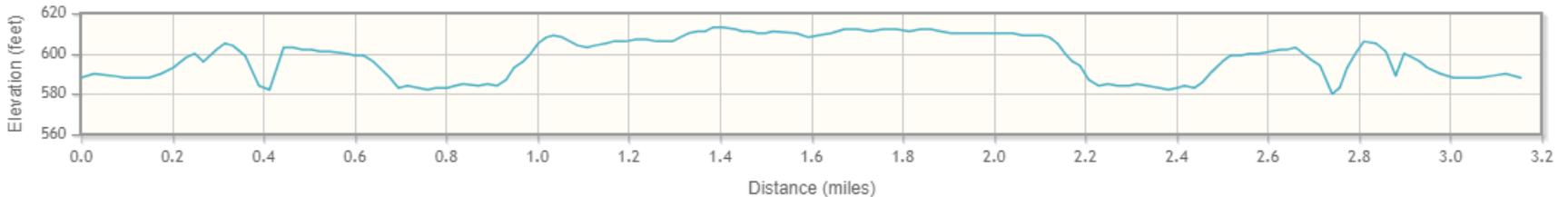
Waterstops

- Athletes will come upon ice cold water at Mile 1.1 and Mile 2.2



Elevation Chart

- This is a very flat course with two small up and down hills. The first at mile .85 (up) and the second at 2.4 (up)



Awards Categories

- **Regular Awards:** Awards will be given to the top 3 overall male and female finishers. Awards will also be given to the top 3 males and females in the following age groups in the 5K: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
- **Decade Awards:** Each participant will receive 5 points for their decade just for finishing! Results will then be age graded to level the playing field and points will be awarded accordingly - The top 3 males and females will earn 500, 300, 200 respectively for their decade. Within each 5 year age group, the top ten people of each gender will score points for their decade as well – 200, 175, 160, 150, 140, 100, 90, 80, 70, 50 respectively.

The Swag

Stay tuned for 2023 60's themed race medals and shirts!