

# Athlete Guide 2026

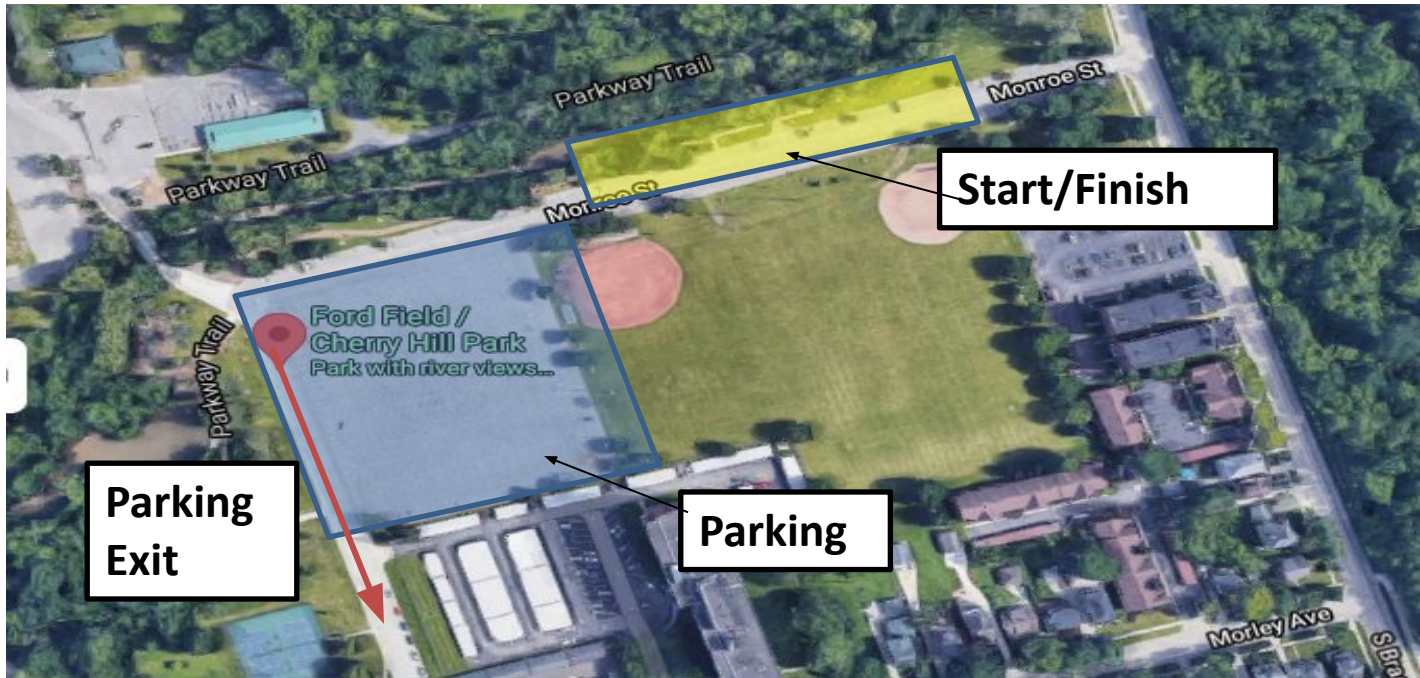


# Race Day Schedule

- 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
  - Awards not picked up on race day will be subject to a \$10 shipping fee. Awards will only be mailed 2 weeks from the event date.

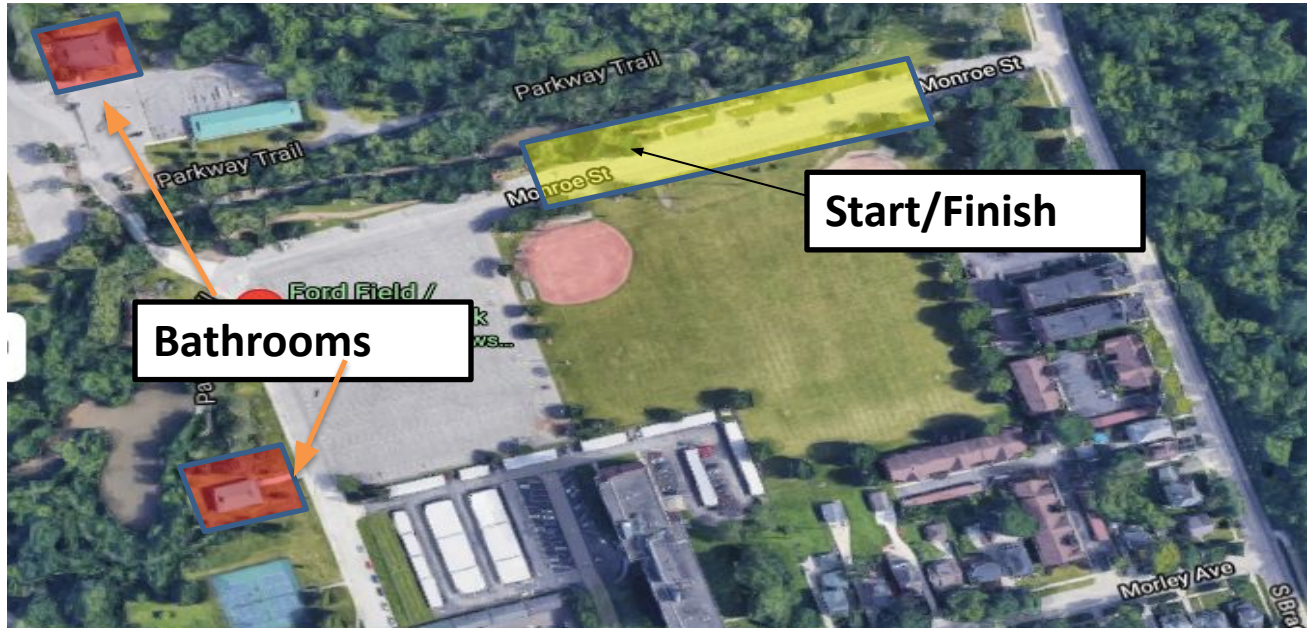
# Parking

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](#))

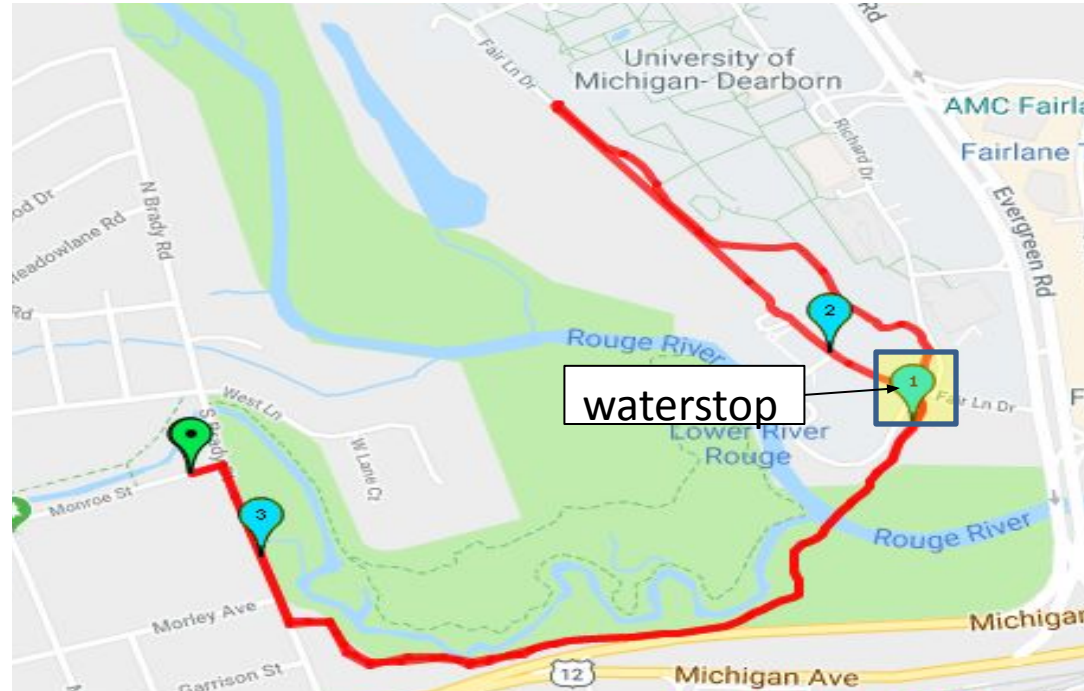
This year's course is a USATF Certified 5k!





# 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.



# 2026 Swag Coming Soon!

2025 Participant's Shirt



*In the meantime... check out 2025's items!*