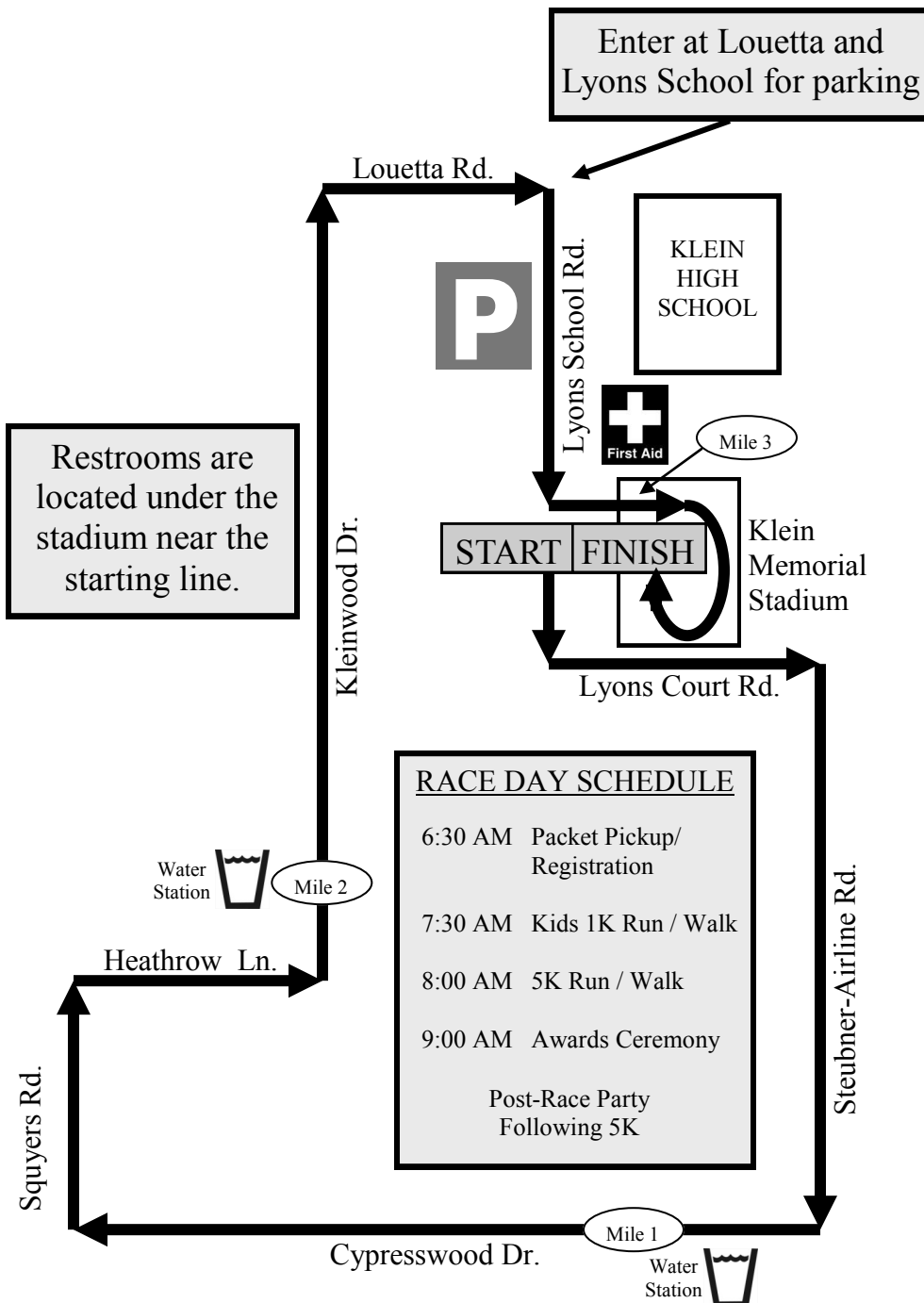


2011 BEARKAT BASH 5K

RACE DAY INSTRUCTIONS

Please Read Carefully



- Arrive early and park in the designated parking area.
- Find the restrooms located under the stadium.
- Drink plenty of water or fluid replacement. You should arrive at the race hydrated. Water is available at the start, finish, and along the course.
- Pin your race number on the front of your body above the navel so it can be read on the course and at the finish line. Make sure it is not covered by anything.
- 5K runners that registered for the timed race, chips are attached to your race number bib. Chips are disposable and are good for this race only.
- Locate the start and finish lines.
- Warm up and stage yourself correctly at the starting line. Faster runners to the front, slower runners in the middle and walkers at the back. Be at the start 10 minutes early. Kids 1k race will be arranged by grade level.
- The post race party will furnish food and beverage to recharge you after your race effort. Visit with family and friends and enjoy the morning.

This event is for charity and is being conducted as a fundraiser. Unregistered participants are not welcome in this event. Runners please ask them to remove themselves from the course to avoid personal embarrassment and possible reprimand from race officials and law enforcement officers.