

**Island Rec**  
**34th Annual Friday Harbor 8.8k Loop Run**  
**Saturday August 20, 2011 9:15 am**  
**Race Instructions**

The run starts promptly at 9:15am in front of Friday Harbor Drug on Spring Street. Stay on the sidewalk until instructed to move to the start line.

The run is 8.8K, which is slightly less than 5.5 miles. Mile markers are in place along the route. The route is open to traffic. Runners should run on the roadway **against** traffic, be mindful of other traffic on the road and follow all rules of the road.

- Pin your race number to the front of your shirt.
- Be sure not to pin the tear off tag at the bottom of your number.
- Please wear your shirt during the race.

The **Finish Line** is inside the second gate of the fairgrounds.

- The finish line leads into a chute.
- In the chute stay in the order you finished the race and hand the tear off tag from your number to the volunteer in the chute.
- Timing will stop after 1 hour and 40 minutes.
- Do not cross the finish line a second time.
- Dogs are not permitted in the fairgrounds.

There are three water stations on the course. The first is located just after the 2.2 mile mark, at Pinedrona Lane at the entrance to Turn Point Road end. The second is at 4.2 miles before getting to Duffy House and the hill going up to the gravel pit, and the third is just before the corner of Pear Point and Argyle.

Several communication stations will be set up along the course. These stations will be located in "Communication Marked" cars parked along the side of the course. If you need assistance speak to one of these volunteers.

If for any reason you drop out of the race please report to one of the communication cars. Give them your name and race number.

Refreshments and T-shirts can be picked up under the tent near the BBQ area. You need to show your race number to receive a t-shirt.

Awards will be presented at 11am at the Family Stage in the BBQ area.

All racers must wear wristbands. Wristbands allow entrance to the fair. Wristbands must be worn to gain entrance into the fair later in the day.

Friday 8 & 8K Loop Run  
Harbor

START 9:15 AM  
Corner of Spring & 2nd

FINISH  
FAIRGROUNDS  
2nd GATE

