

Island Rec
RUN, WALK, WAG ~ 5-K
Sunday, October 2nd, 2011 12:15pm
Runner Instructions

The run starts promptly at 12:15am in front of Friday Harbor Drug on Spring Street. Stay in start area (lawn) instructed to move to the start line.

The run is a 5K, which is 3.1 miles. Mile markers are in place along the route. The route is open to traffic. Runner and their dogs should run on the roadway **against** traffic, be mindful of other traffic on the road and follow all rules of the road. **Dogs must be on a leash at all times!** Leashes must be non-retractable and a maximum of 6ft.

- Pin your race number to the front of your shirt. If running as a family, chose one person to wear the number.
- Be sure not to pin the tear off tag at the bottom of your number.
- Please wear your shirt during the race.

The race is a loop therefore the **Finish Line** is located in the same area as the start.

- 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.
- Family members must all cross the finish line together
- The timing will be based on when the DOG crosses the line.
- Do not cross the finish line a second time.

There are two water stations on the course. The first is located just before the 1.5 mile mark, at the intersection of White Point Rd and Armadale Rd. The second is near the Roche Harbor Marine Engine Shop before the right before the hill that leads back up to the Airport/Sculpture Park area.

Awards will be presented at 1:45pm on the main lawn area.