

FINAL INSTRUCTIONS FOR LIL' SYTTENDE MAI RUNNERS

1. Be at the start of the race in plenty of time to stretch and loosen up. **The race starts at 8:15 a.m. SHARP!**
2. **Please drop race participants off at the corner of Pleasant View Drive and Hoel Ave; you will then be able to continue South on Hoel Ave to W. Main St. This is a very congested area - PLEASE watch for children!**
3. **No roller blades, roller skates, skateboards, leashed animals or bikes allowed! This will be strictly enforced.**
4. Parents may run along with children although, although if they do not register, they will not receive a T-shirt. If you do run with your child, please stay with them through the finish line to avoid congestion at the end of the race.
5. If you arrive by car, remind the person parking the car to park off the racecourse. We'll begin lining up and giving final instructions about 8:00 a.m.
6. Dress according to weather conditions. We plan to run the race, rain or shine.
7. **Pin your number on the front of an outside garment so race officials can see it. (Safety pins work well).**
8. Run only on the course designated and inside the cones on Main St. **See course diagram.** The police and race officials will help at intersections.
9. **The label on your race number determines which chute you should enter as you cross the finish line.**
10. As you cross the finish line, **listen for your finish time.** It will not be printed anywhere.
11. T-shirts can be picked up immediately after the race by showing your race number to the finish line volunteers. (They will mark your race number when you pick up your shirt). The shirt size you requested is printed on your race number. Remember the colored label on your number determines chute to go through, it also determines your shirt size.
12. The refreshment area will be open to you immediately following your finish. This is intended for paid runners only.
13. **HAVE A GREAT RUN!** The runners from the 10 & 20-mile run should start finishing between 9:15 and 9:30. We encourage you to stay and cheer them in!!
- 14.

COURSE MAP

