

Storm Lake Running Club's Jump Right In and Run

ALL races start at 7:30 a.m.

Race Day Instructions for 5K runners

Award ceremony for the 5K will be at 8:30 a.m.

Award ceremony for the ½-marathon relay and ½-marathon will be at 10 a.m.

♥ Packet pick-up Saturday, Sept. 5, from 5-8 p.m. at King's Pointe Waterpark Resort and on Sunday, Sept. 6, from 6:30-7:15 a.m. at King's Pointe Waterpark Resort. Late registration is available on Saturday but **NO REGISTRATION ON THE DAY OF THE RUN.**

♥ Securely fasten bib number to the **FRONT** of your race clothing, with safety pins enclosed in your race packet.

♥ All bib numbers **MUST** be visible and worn on the **FRONT** and outside of race clothing for the entire race. You **MUST** show bib number at finish line.

♥ Course map can be downloaded from our website at www.stormlakerunningclub.com. The course map will also be posted at packet pick-up.

♥ There will be one aid/water stations on the 5K course with water and Gatorade at each aid station.

♥ Trainers from Buena Vista University will be set up at the aid/water station.

♥ Buena Vista Regional Medical Center will provide medical personnel along the entire course and at the finish line. If you should require medical assistance, the BVU trainer at the aid station will contact the medical personnel for you.

♥ There will be portable toilets at the start and restrooms at the finish. Also, there will be many portable toilet and park restrooms along the course. (Please refer to the course map.) We will also have signs on the course directing you to toilets.

♥ No un-official or non-registered runners allowed on course. However, please beware that the trail is open to the public and there could be cyclists, roller-bladers, etc.

♥ Water, Gatorade, fruit, cookies and additional food items will be available at the finish line. These items are available to registered runners.

♥ Family and friends are encouraged to cheer along the course and at the finish line.

- ♥ No bikes, strollers or pets allowed on course.
- ♥ The Storm Lake Police Department, Buena Vista County Sheriff's Department and event volunteers will control traffic along the course. Please be cautious when crossing intersections.
- ♥ When running on the road, please stay as far left as possible unless indicated otherwise by the volunteers on the course.
- ♥ Results will be posted in the Great Lawn Park as they become available. They will also be posted on our website www.stormlakerunningclub.com.
- ♥ Outdoor showers are available near the finish line (concession stand area).
- ♥ Each runner will receive a "FREE" day pass to King's Pointe outdoor waterpark or the indoor waterpark. You can use the pass the day of the event or save it for another day. The day pass will be in your goodie bag.
- ♥ Most important, SMILE and RUN HAPPY! Photographers will be on the course and at the finish line to capture images of participants. Photos will be posted on the Storm Lake Running Club website approximately a week following the race. Images may be used in promoting the running club and it's events.
- ♥ Regatta Grille, in King's Pointe Lodge, will offer coffee and breakfast food items all morning. The Regatta Grille outdoor patio would be a great location for your cheering section to hang out and wait for you to pass by. Also, assorted food and beverages will be available to purchase throughout the day in the park's lighthouse concession stand. You are allowed by the City of Storm Lake to bring in your own cooler of food and beverages. Alcohol is allowed in the city park; however, alcohol will not be sold in the park.
- ♥ Connect with Storm Lake Running Club on Twitter and Facebook to receive updates and news on area running events. To follow us on Twitter, go to www.twitter.com/SLRunning. The running club will "tweet" results during Jump Right In and Run as runners cross the finish line. Find the running club on Facebook by searching "Storm Lake Running Club" to connect with other runners.
- ♥ Storm Lake Running Club appreciates your participation in our foot races. We know you have a choice when you run or walk an event, and we thank you for choosing ours.