

LAPORTE YMCA RUN INSTRUCTIONS

PARKING: If the Cummings Lodge parking lot fills to capacity, please use the spaces across from the beach or the lot outside the beach house. Please do not park along Grangemouth Drive.

SWITCHING EVENTS: If you decide you do not want to run the 10K race and that you would rather participate in the 5K run/walk, please visit the registration table on race day. However, we will not refund the difference in cost.

PROHIBITED ITEMS: For the safety of all participants and volunteers, the following are prohibited: dogs (even if leashed), **strollers/baby joggers, rollerblades, roller-shoes, roller-skates, other wheeled items, and any other items at the race director's discretion. Participants needing exceptions because of disability should notify the race director as soon as possible before race day. We strongly discourage the use of headphones during the race, as participants need to hear fellow runners, course monitors and potential road traffic.

** Prohibited in the 10K run. May only be used in the 5K Walk if they are started in the back of the race.

STARTING LINES: The 10K competitive run starts near the bridge at the entrance of the park near the intersection of Grangemouth Drive and Lakeshore Drive. Grangemouth will be closed from 8:30 a.m. until the conclusion of the race.

The 5K run/walk starts on Waverly Road, about 30 yards southwest from the intersection of Waverly Road and Grangemouth. Meet at the intersection of Waverly and Grangemouth until traffic is temporarily stopped at 9:15 a.m. to allow for the start of the 5K. Please use caution entering or crossing Waverly prior to the start of the race.

COURSES: The certified road course for the 10K run includes Grangemouth Drive, Waverly Road, Orr Lake Road, Small Road/Orchard Avenue and Lakeshore Drive. Orange paint marks the 10K course.

The 5K fun run/walk road course includes the streets bordering Soldiers Memorial Park —Waverly, Garden, Orchard, Lakeshore and Grangemouth. Green paint marks the 5K course.

WATER STATIONS: On the 10K route, water stations will be set up at the intersection of Waverly Road and Garden Street (after Mile 1), at the intersection of Waverly and Orr Lake Road (between Miles 2-3), at the intersection of Orr Lake Road and Small Road (between Miles 3-4) and at the intersection of Orchard Avenue and Lakeshore Drive (near Mile 5). The water stations at the intersection of Waverly and Garden and at the intersection of Orchard and Lakeshore will also be available for the 5K participants.

BIBS: Please wear your bib number on the front of your clothing so that we can record your number as you cross the finish line.

FINISH LINE: Both the 10K competitive run and 5K run/walk finish at Cummings Lodge. We are using chip timing, so please return your chips in to the finish line volunteers ASAP following your finish.

RESULTS/AWARDS: The awards will be presented as soon as possible following the conclusion of both events. Please be patient as the results are prepared. Results and times will be posted in Cummings Lodge. Complete results will be posted on the LaPorte Family YMCA website at www.lpymca.org.

RESTROOMS: Separate men's and women's restrooms are located in Cummings Lodge. Another auxiliary restroom is located behind the lodge. There will be two port-a-pots outside Cummings lodge.

GOODY BAGS: Goody bags will be handed out with registration and include instructions, a course map, a bib number and a shirt if applicable.

FOOD/DRINKS/COFFEE: The YMCA will provide post-race food in Cummings Lodge, including hot dogs, chips and other snacks. We will also have Gatorade, coffee and hot chocolate.