Race Day Tips for Participants:

· Use the bathroom before you start your race
· Listen carefully during the pre-race instructions and follow the rules of the race
· Line up at the start with your age group
· Younger kids should line up behind older kids
· Pace yourself
· Do not go out too fast at the beginning
· Save some energy for the end
· Stay on the race course while running
· Do not push slower runners out of your way
· Pass other runners safely
· If you need to tie your shoe or stop for any reason, move to the side of the race course
· It is okay to walk during a running race