

# Jubilee 5K Fundraiser Event

## General Rules for Participation

- Pre-register as soon as possible before the race.
- Arrive early for the event, to pick up your number on race day. Check your registration information carefully, to ensure we have your correct information.
- Use the facilities before the race start to lessen the need once on course.
- Pin your race number on the front of your shirt.
- The start line is marked by: Runner, Walker, and Stroller Identifiers. Line up according to how fast you plan to run or walk the event. If you are pushing a stroller, you would be in that section for safety reasons.
- Pay attention to the pre-race instructions.

## Race Etiquette on Course

- Since we will start and end at the same location, keep personal items in the trunk of your car.
- Don't wear headphones. Use your ears to be aware of your surroundings.
- Run against traffic so you can observe approaching automobiles.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way.
- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
- Run or walk no more than two abreast.
- If you are walking in a group, stay to the back of the pack and follow the two abreast rule.
- Move to the side if someone behind you says "excuse me" or "on your right/left". The person behind you is giving you a heads up before passing.
- Pay attention to your surroundings. The course is not closed to traffic. It is your responsibility to watch for oncoming traffic at intersections.
- Don't cheat! Don't cut the course or run with someone else's number.

## Aid Station Etiquette

- There will be an aid station at the beginning/ending of the race.
- Bring your own water

## Finish Line Etiquette

- Follow the instructions of the race officials at the finish.
- If anyone is running the last stretch with you and isn't in the race, he/she should move off the course before the finish chute starts.
- Once you have crossed the finish line, keep moving forward until the end of the finish chute.
- Only the first runner in each category will be recognized.
- Exit the chute and wait for friends or family in a central location.
- There is a designated place for family picnics after the race that are not part of the race. Feel free to bring your own picnic food and drinks and join Jubilee Church's festivities. The park has barbeques we can use.