

Good evening athletes.

This will be quick:

We have had a huge surge in registrations in the last 12 hours. In a perfect world this would have happened days ago so that I could have ordered additional portable toilets. But since that did not happen, we have less toilets available than I would prefer. So, make sure you take advantage of your home facilities. The lines will likely be long for the toilets we have available so get in line early. We will be starting on time as I know we all have turkey dinners to get to. There are no toilets on the route for the 5k. 10k you could dip into the public restrooms located across the street from the VFW at Boatworks.

Parking – there is free parking at the race start for about 300 cars. If at all possible, carpool. If the lot is full, there is street parking about a block away from the park on the streets surrounding West Park.

Packet Pickup – we have broken down the alphabet as follows: A-G, H-Q, R-Z. Race day registration and kids fun run will be all the way to the right as you face the tables. We will have markers at the ends of the lines and cones defining the lines.

If running with a stroller and you have not notified me yet, make sure you mention it when you pick up your packet so we can get you a waiver.

BIBS – PLEASE WEAR THEM IN FRONT AND VISIBLE.

This is a chip timed race; however, the start is a gun start. This means everyone has the same start time.

Parents in the 5k or 10k wishing to run with their kids in the fun run... I should have set this up so that the kids run was first – next year it will be. You will be getting a very late start to your respective distances as the kids run goes off after the others. Parents, you will not be able to cross the finish line with your kiddos before heading out on your run – the mats will be live at that point and will mess up your ultimate time for your respective distances.

Please have someone watch your kiddos while you are running – my staff and I are going to be extremely busy and will not be able to attend to them.

5k TURNAROUND REMINDER IS AT THE FIRST WATER STOP!!!! I highlight this because athletes seem to lose their minds when they are running. Please do not blame my staff

person if you run past the water stop. It is not his fault – he is trying to manage water for 560 athletes.

10k ATHLETES WILL RUN PAST THE FIRST WATER STOP AND CONTINUE ON THE PATH PAST THE VFW AND KOWALKSKIS. You will turn around at the second water stop at Bellaire Beach.

It will be chilly tomorrow. Make sure you hydrate during the run even when you don't feel like it – this is more for the 10k runners than 5k, but take care.

UPDATED AGE GROUPS:

The awards ceremony will take place when 80% or more of the 5k field has crossed the finish line.

10k	Male	Female
19 and under	2	3
20-24	2	1
25-29	4	4
30-34	10	4
35-39	6	7
40-44	3	6
45-49	2	4
50-54	1	0
55-59	1	2
60-64	0	1
65-69	2	0

5k	Male	Female
10 and under	14	12
11 to 14	12	12
15-19	22	21
20-24	13	15
25-29	16	22
30-34	22	26
35-39	20	29
40-44	15	24
45-49	12	10
50-54	7	15
55-59	16	17

60-64	7	14
65-69	4	2
70-74	3	2
75-79	1	0
80-84	0	0
85-89	1	

Results will be updated and posted every 15 minutes or so. They will go live online shortly after we have torn down. Here again is the link for the website: [Trail Races, Triathalons, Duathlons and Running Road RacesFrontRunner](#)

I will also post the actual links on our website race page.

Thank you to everyone who made an online donation to the food shelves while registering. Your generosity is incredible! If you would like to drop a couple of dollars in the kitty in the morning, we will have a place for you to do so at packet pick up.

Get a good nights sleep and I will see all of you in the morning.