

PARTICIPANT GUIDE

**POSET
NHER
& FREE** **5K/10K**
OH THE PLACES SHE'LL GO!
STOP HUMAN TRAFFICKING



SATURDAY, SEPTEMBER 21, 2019

RIVER BENDS PARK

5700 22 MILE RD, SHELBY CHARTER TWP, MI 48317



THINGS TO KNOW



1. We strongly encourage you to pick up your bib, race day packet and swag bag prior to race day.
2. Race registrations are non-transferable.
3. Refunds will not be issued for race cancellations due to severe weather or any other reason.

PARTICIPANT CHECK-IN

EARLY CHECK-IN

Friday, September 20, 2019

3:00pm to 7:00pm

Woodside Bible Church | 6600 Rochester Rd | Troy, MI 48085

Gym Entrance (southside of building)



RACE DAY CHECK-IN*

Saturday, September 21, 2019

8:00am to 10:00am

River Bends Park | 5700 22 Mile Rd | Shelby Charter Twp, MI 48317



*This check-in is for those who are unable to attend early check-in on Friday, September 20.



RACE DAY ARRIVAL

Saturday, September 21, 2019

River Bends Park | 5700 22 Mile Rd | Shelby Charter Twp, MI 48317

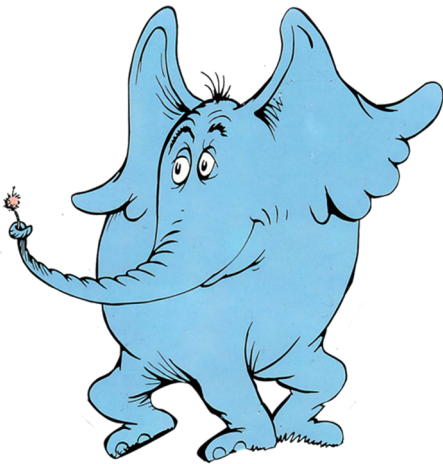
We suggest arriving 30 to 45 minutes prior to the start of the race.

RACE DAY PARKING

Please use the park entrance located on 22 Mile.

You may use the parking lots closest to the Hickory Grove Pavilion.

RACE START TIMES



KIDS RACE*

8:45am

5K RUNNERS

9:00am

10K RUNNERS

10:00am

5K/10K COMBO

9:00am

5K WALKERS/STROLLERS

Immediately after the 5K runners

*Parents are welcome to run with younger children and we strongly encourage parents (or an older sibling) to run with children 5 and under. If you run with your child, please do not run and carry your child through the course, especially if you are near the head of the pack. We want to be fair to the children who are running the race on their own. Each child is a winner and will receive a race medal.

WEATHER

Rain or shine the race is on!

We will only cancel if there is lightning.