



Information & Rules

Saturday, May 20, 2017

Registration/Packet Pick-up: 8 – 9:30 a.m. at Dix Memorial Pool/Verling Park

Run Start Time: 10:00 a.m.

- Race will begin at the Dix Memorial Pool located in Verling Park at the intersection of Market and Allen Streets in Gordonsville, VA.

Parking: Free Parking is available to all participants.

First Aid: Medical Personnel will be located at the start/finish area. If you need assistance, please contact a volunteer or fellow runner for assistance.

Rules & Safety: The following must be followed by all participants:

- Your race number will be on your t-shirt and for the run must be visible in order for you to be timed. The race number identifies each participant. You must wear the t-shirt you are issued at Registration.
- No strollers or baby joggers are allowed in the run.
- No bicycles, unicycles, roller blades, heelys, skateboards, or ripsticks.
- Walkers are welcome, but be mindful of the runners.
- Obey race officials and yield to emergency personnel.
- Cross Country short spikes will not be allowed.