

# Runner 1 Instructions

As RUNNER 1 -Your race number should be white with BLACK number followed by A. If not, switch with your other runner.

1. Overview of Course – You will leave the back of the Recreation Center, and follow the cones across the parking lot, then back toward the outdoor pavilion. Hop over the curb and follow the trail and signs, back around the pavilion, and over the bridge into the wilderness area. The trail continues straight when you come off the bridge, and goes 1 mile back to a loop. Go around the loop, a volunteer near the water table will take down your number, and you head back. You go back the same way you came, until you get to the tee behind the pavilion. Then you go left, and go through the park out to Lake road. NOTE: the exchange is just after you get back to that sidewalk. You won't go all the way down to where runner 2 finishes.
2. Watch the signs! – Go straight unless you see a sign to turn. Every turn will be well marked with signs. At any turn, there will be Yellow signs with arrows indicating “Runner 1” and “Runner 2” - You are runner 1. Follow the signs.
3. There are mile markers at 1, 2, and 3 miles for both Runner 1 and Runner 2.
4. The only place you can mess up is when you come back behind the pavilion, you come to a tee. Runner 1 will go to the left, Runner 2 to the right. We will have signs there, what more can we do?? If you go the wrong way, you will have to come back, and it will add about ½ mile to your distance, and your teammates will hate you. Don't be that guy.
5. Have a great run, have fun.

# Runner 2 Instructions

As RUNNER 2 - Your race number should be white with RED numbers and "B". - If not, switch with your other runner.

1. Overview of Course – (All of this is marked with signs and cones). You will leave from the sidewalk on Lake Road across the street from Rasco school, go through the park between the ball fields, to the "tee" behind the pavilion. Turn right, go behind the pavilion, and tennis courts and over the bridge into the wilderness area. The trail continues straight when you come off the bridge, and goes 1 mile back to a loop. Go around the loop only once (last year it was twice for runner two but people were getting dizzy). You go back the same way you came, until you get to the tee behind the pavilion. Then you go right (back toward LJ Rec center), out to the sidewalk, then turn and follow the walk to the entrance to the recreation center.
2. Watch the signs! – Go straight unless you see a sign to turn. Every turn will be well marked with signs. At any turn, there will be Yellow signs with arrows indicating "Runner 1" and "Runner 2" - You are runner 2. Follow the signs.
3. There are mile markers at 1, 2, and 3 miles for both Runner 1 and Runner 2.
4. The only place you can mess up is when you come back behind the pavilion, you come to a tee. Runner 1 will go to the left, Runner 2 to the right. We will have signs and volunteer there, what more can we do?? If you go the wrong way, you will wind up at the same place, but it will add about 0.1 mile to your distance, everybody will be laughing except you, and your teammates will hate you. Don't be that guy.
5. Have a great run, have fun.