

MOMS ON THE RUN PARTICIPANT'S INSTRUCTIONS

Allow plenty of time for parking and getting to the starting area. Pre-Race festivities start at 8:30. There is No Parking on the north side of Foster Dr. on curb.

Prohibitions: Due to our insurance, we must abide by the following:

- No dogs allowed on race course.
- No bicycles, rollerblades, skates, skate boards, etc., allowed on the race course.

IMPORTANT NEW INSTRUCTIONS

PRE-RACE ORGANIZING AND PRELIMINARIES

ALL RUNNERS AND WALKERS SHOULD BE OUT ON FOSTER DRIVE BY 8:30 FOR THE NATIONAL ANTHEM, PRAYER AND INTRODUCTIONS.

10K RUNNERS ONLY WILL GATHER IMMEDIATELY BEHIND THE START LINE. THE 10k WILL START SEPARATELY FROM THE 5K RUN AND WALKERS.

5K RUNNERS WILL GATHER BEHIND THE 10K RUNNERS SEPARATED BY THE 5K CORRAL ROPE AND 5K SIGN.

ALL WALKERS SHOULD GATHER BEHIND THE 5K RUNNERS SEPARATED BY THE WALKER CORRAL ROPE AND WALKER SIGN.

AT 8:45 THE 10K RACE WILL BEGIN AND 10k RACE PARTICIPANTS ONLY WILL RACE AT THAT TIME. The 5K Corral leaders will walk the 5K participants forward to the STARTLINE followed by the Walker Corral leaders and all the walkers.

AT 9:00 THE 5K RACE WILL BEGIN AND ALL 5K RUNNERS AND WALKERS WILL START.

Make sure you start during your designated event only.

- 8:45 AM: 10K Run
- 9:00 AM: 5K Run and 3K/5K Walk and Talk Events;
- 10:30 AM: BON BON STROLL and FAT BOY SHUFFLE; ONE-MILE FUN WALK
- 11:00 AM: KIDLETS RACE ONE-QUARTER MILE RUN/WALK
- RAFFLE/SILENT AUCTION will be announced throughout the morning.

RACE BIBs should be pinned on your front. It must be visible at all times during the race so Race Marshals can direct runners properly. Please obey all race personnel instructions during the race for your safety.

At the STARTLINE, runners should adhere to race etiquette with faster runners to the front and slower to the rear.

At the FINISH LINE continue to move forward after crossing the Finish-line so as not to create congestion for the runners behind you.

OVER

For runners there are water stations by the 10K and 5K turns and at the Finish. There is a water station for walkers at Riverside and Washington.

Official times are given according to the official timer's clock.

Overall and Age-group winner ribbons can be picked up by the Silent Auction tents.

COSTUMES Must be tasteful; No Nudity. Must be a participant in walk or run. Costume will be judged at the end of the race.

HAVE A GREAT RACE