



Race Day Instructions and Information

Location/Parking

Registration, race start and finish will be on the Grosse Pointe South High School stadium track on Fisher & Kercheval. Packet pick-up and race-day registration will open at 7:30 on the infield of the track.

Parking is available on the street and the lot near the entrance to the stadium. The city parking meters will not be enforced until after 10:30. Parking is also available on the other side of the stadium near the softball diamond and the library. Please do not park on the street on Fisher and near the library where the race course (marked with cones) runs.

Check-in and Registration

Pre-registered runners: If you have already registered, simply proceed to the table for pre-registered runners to pick-up your bib/timing chip and technical shirt. Remember you are automatically entered for a prize drawing!

Race day registration: Please proceed to the table where blank entry forms will be available. Complete the entry form and proceed to the tables for race day registration. The volunteers will take your payment and completed form, assign a bib/timing chip and a technical shirt. You can save time by pre-filling the entry form prior to arrival.

Restrooms

Restrooms are located in the brick, single story building in the southwest corner of the stadium.

Individual Chip Timing

Eastside Racing Company will time the event for the 5K and 10K participants. Your bib has a disposable timing chip attached for your convenience and to speed registration. Due to the growing number of participants, individual "Chip Time" will be recorded for each runner. That is, as opposed to "Gun Time", your individual time will not start until you cross the Start line and stops when you cross Finish line. No need to rush over the Start line at the gun. Please allow the faster runners to start at the front.

Results will be printed and posted on tables at the race. Results will also be posted on the web at www.runmichigan.com/results/.

Start/Finish

Please assemble at your race's starting location on the track 5 minutes prior to the start. The 10K and 5K races have different starting locations on the track. A countdown clock on the scoreboard will display the time until the 10K race starts. The 10K race will start first promptly at 9:00. The 10K start is at the southernmost point of the track nearest the school. 10K runners will circle the track two and a half times and exit at the northern most point of the track nearest the library. Maps of the courses will be affixed to the fence near the starting locations. 5K participants must stay off of the track until all of the 10K runners have exited the track.

The 5K race will start approximately 5 minutes after the start of the 10K. The 5K start line is located near the exit of the track (by the library). 5K runners will run about one lap around the track and exit.

The 2 mile walk participants will start near the Finish line 5 minutes after the start of the 5K.

5K and 10K runners may run in the right lane, marked by cones, of the street next to the curb. 2 mile walkers are requested to walk on the sidewalk. The street course will close at 10:00. If you are on the course after 10, please finish your event on the sidewalk—the race and timing will continue until all participants have finished.

The 5K runners will run through the neighborhood once while the 10K runners will run the course twice. All runners will re-enter the track where they exited. The Finish line is located on the traditional track finish line.

Awards

At 10:15, medals will be awarded to the top overall and age group male/female finishers. In addition, a prize drawing will be held for pre-registered participants. Age groups are:

14 and under
15 to 25
26 to 39
40 to 49
50 to 64
65 and older

THANKS FOR SUPPORTING OUR STUDENT-ATHLETES!