

Good evening Camp Athletes:

What a gorgeous day we had today and amazingly, we are going to have a repeat tomorrow...it is going to be a perfect race day for all of you! Other than the construction area for the Half Marathon (see details below) the course is in perfect condition.

**Everyone:**

**Parking** at the park is free. DO NOT park in the boat launch area we have marked off with signs – you will be towed!

Once the lot is full, staff will direct you to on street parking located right by the park.

**Portable toilets** are located throughout all three courses:

5k turn around and 1.55 miles on the half marathon route. (5k is an out and back, half marathon will continue past the water stop.

Additional toilets on the half marathon course at mile 5ish, 7ish and 11.5ish.

**Mile Markers** have been set every mile on course. I am disappointed to tell you some have been stolen already when I drove the course again tonight...I chalked for the missing signs. Who knows what will be left tomorrow. Wear your watches.

**Corners** are marked with signs, route arrows on the ground and orange cones. Just follow the cones and you will not get lost.

**Bibs must be worn in front and visible.**

**Open Course** means traffic will be on the road. Run against traffic at all times (with exception of the Half Marathon in the construction zone)

**Ear buds** are allowed; just make sure you can hear the traffic around you.

**HALF MARATHON:**

**START LINE** is about a half block south of the park on the road.

**Police** escort for the start. The police car will leave the group to drive ahead to assist with athletes crossing at H2 and Otter Lake Road (H2 is where you leave the lake to run roughly 4 miles that are not on Bald Eagle Lake).

**Road Construction** at mile 4.5. There will be an officer at this location directing you through the intersection and behind the cones. See photos attached. You will cross through the intersection to go behind the Road Closed sign. Once through the construction zone, go

back to running against traffic.



The picture above illustrates you running through the intersection that crossing to go behind the Do Not Enter and Road Closed signs (my car is parked where you will be running, tomorrow this area will not have a vehicle in the way). Run inside the cones - traffic will be coming off the freeway into the lane that is open. DO NOT RUN IN THE LANE – STAY BEHIND THE CONES.



This picture is taken inside the area you will be running in and illustrates the area where you will leave the construction site to once again run against traffic.

## 11K

**Start line** is in front of the park. This course starts in the opposite direction from the 5k and half marathon. Athletes will run north keeping the lake on their left the entire race. This is one big loop around the lake.

Run against traffic the entire time.

## 5k

**Start line** is at the park entrance. You will be running south. This is an out and back. Turn around at the water stop.

Run against traffic the entire time.

## SPECTATORS:

**Save the parking in the park for athletes.** Our staff can help you find a parking spot outside the park, but still nearby.

Share your athlete guide with your entourage for locations on the course. Remind spectators to be mindful of runners on course.

**Sign Making** poster board and other sign making tools will be available for spectators to use to make signs to cheer you on. They can do this while they are waiting for you to return to the finish line. These items are available for free – please encourage them to take advantage.

**Breakfast** is available to spectators for \$10 cash – just hand the cash to the staff and they will hook your entourage up with all you can eat pancakes, banana, syrup, butter, sausages, water and coffee. Enjoy!

## Age Groups Updated

5k	Female	Male
19 and Under	1	5
20-29	0	2
30-39	5	3
40-49	7	2
50-59	1	8
60-69	2	2
70-79	0	2

11k	Female	Male
19 and Under	0	0
20-29	3	3
30-39	9	0
40-49	5	3
50-59	4	3
60-69	3	3

13.1	Female	Male
19 and Under	1	1
20-24	9	10
25-29	7	9
30-34	9	9
35-39	7	8
40-44	4	2
45-49	1	0
50-54	1	3
55-59	2	1
60-64	2	1
65-69	0	1
70-74	1	0
75-79	0	1

That's the big stuff. As they say "the hay is in the barn" ...get a good night's sleep and I will see you all in the morning.