

Jump Right In and Run Storm Lake all races start at 7:30 a.m.

Race day instructions for 5-K

- Packet pick up Saturday, Aug. 30, from 5-8 p.m. at King's Pointe Waterpark Resort and on Sunday, Aug. 31, from 6:30-7 a.m. at King's Pointe Waterpark Resort. Late registration is available on Saturday but **NO REGISTRATION ON THE DAY OF THE RUN.**
- Securely fasten bib number to the **FRONT** of your race clothing with safety pins provided in your race packet.
- Bib numbers **MUST** be visible and worn on the **FRONT** and outside of race clothing for the entire race. You **MUST** show bib number at finish line.
- Course map can be downloaded at www.stormlakerunningclub.com The course map will also be posted at packet pick up.
- There will be one aid/water stations on the course for the 5-K. Water and Gatorade will be at the aid station.
- Buena Vista University athletic trainers will be available at the aid/water station.
- Buena Vista Regional Medical Center will provide medical personnel along the entire course and at the finish line. If you should require medical assistance the BVU trainer at the aid station will contact the medical personnel for you.
- There will be portable toilets at the start, and restrooms at the finish and there will be many portable toilet and park restrooms along the course. (Please refer to the course map.) Signs on the course will point to the toilets.
- Water, Gatorade, fruit and additional food items will be available at the finish line. These items are available to registered runners.
- Family and friends are encouraged to cheer you on along the course and at the finish line.
- No un-official or non-registered runners allowed on course. No bikes, strollers or dogs allowed on course. However, when running on the bike trail, please understand that the trail is open to the public and there may be cyclists, roller-bladers, etc.
- Storm Lake Police Department, Buena Vista County Sheriff's Department and event volunteers will control traffic on the course. Please be cautious when crossing intersections.
- When running on the road, please stay as far left as possible unless indicated otherwise by the volunteers on the course.
- Results will be posted in the Great Lawn park as they become available. They will also be posted on the website www.stormlakerunningclub.com. The award ceremony for the

5-K is at 9 a.m. Award ceremony for the half-marathon relay and half-marathon is at 10:30 a.m.

- Outdoor showers are available near the finish line (concession stand area).
- Each runner will receive, in their goodie bag, a free pass to King's Pointe outdoor waterpark or indoor waterpark. The pass can be redeemed for entrance to the waterpark on the day of the event or saved for another visit.
- Most important: SMILE and RUN HAPPY!
- Entertainment on the Great Lawn by the beach includes DJ entertainment/music from 8-10 a.m. followed by the Erick Hovey band at 10 a.m.-2 p.m. Please use the opportunity to "do a little dance" and "make a little noise!" Some seating will be available and guests are encouraged to bring a blanket, beach towel or folding chair.
- Regatta Grille, in King's Pointe Resort, will offer coffee and breakfast food items Sunday morning. The Regatta Grille outdoor patio is a great location for your cheering section to sit and wait for you to pass by. Also, assorted food and beverages will be available to purchase throughout the day at the lighthouse concession stand. The City of Storm Lake allows guests to bring coolers of food and beverages. Alcohol is allowed in the city park, however it will not be sold in the park.
- Storm Lake Running Club appreciates your participation in our foot races. We know you have a choice when and where you run or walk an event and we thank you for choosing Jump Right In and Run.