

ST. JUDE KERNEL FUN RUN/WALK
SATURDAY, AUGUST 15, 2009

Location: Corner of Edgewood Road & Ellis Blvd. NW

*Thank you for joining us for this year's Fun Run! Many sponsors and donors made today's event possible. You will find a listing of these generous contributors in your race packet. **Thank you to each & every one of them!***

PRE-RACE INFORMATION: REMEMBER TO HAVE FUN!

RUN/WALK START:

ALL events start at **8:00 A.M.** **PLEASE** be in place by **7:50 A.M.** for race instructions. The events start a short distance down Ellis River Road. You will need to allow a few extra minutes to get to the start of the race. **WALKERS** will line up **BEHIND** the **RUNNERS**.

RACE NUMBERS:

Your entry number **MUST** be visible on the **FRONT** of your running apparel. Use the safety pins provided in your packet. **DO NOT PIN THROUGH THE TEAR-OFF STRIP!** After you cross the finish line, please tear off the lower part of your tag & be prepared to give it to the people collecting them at the end of the chute. You **CANNOT** transfer your number to another participant and you **MUST** race in the event you registered for unless approved by the race director.

RESTROOMS:

Porta-potties will be available at the corner of Edgewood Rd. & Ellis Blvd.

RACE COURSE COURTESY:

Let's have **FUN**, but remember to be courteous on the course. **TRAFFIC WILL BE DISCOURAGED, BUT NOT PROHIBITED! ALL VEHICLES WILL HAVE THE RIGHT OF WAY AT ALL TIMES!** Participants shall observe all traffic control regulations and shall run on the right side of the road at all times. The majority of property is privately owned along the route, so please stay on the route & respect the owner's property.

GENERAL INFORMATION:

SPLITS: Will be called at miles 1 and 4. The course will be well marked & race officials will be at all stations.

WATER STATIONS: Refreshments will be available at the end of the race. 5K participants will also have a water station shortly after the 5K turn. 8K participants will have water stations shortly after the 8K turn and then again shortly after the 5K turn.

MEDICAL AID: Will be available at the finish line. Contact the nearest volunteer with any needs.

(over)

FINISH LINE:

As you come through the chutes, please maintain the order in which you finished. Give the lower portion of your tag to the collectors at the end of the chute. PLEASE MOVE IMMEDIATELY TO THE GRASSY AREA FOR REFRESHMENTS AND AWARDS. REMEMBER TO WATCH FOR TRAFFIC!

RACE RESULTS:

Race results will be tabulated immediately following the race & will be announced at the awards ceremony as quickly as possible. Race results will be posted in the entrance to the County Store, located at the St. Jude Church Parish Center at the Sweet Corn Festival Fair Grounds, by noon on race day. Results will also be posted on-line at - http://www.judes.org/Sweet%20Corn%20Festival%20Information/fun_run_walk.html

AWARDS:

The awards ceremony will be held in the grassy area in front of the school bus parking area as quickly as possible following the race. Food and beverages will be provided in this area. Enjoy!

Names will be drawn for **DOOR PRIZES** donated by area merchants, and for the GRAND PRIZE DRAWING while the results are being tabulated. **YOU MUST BE PRESENT TO WIN.**

(In case of hard rain, the awards ceremony & food/beverages will be held in the BINGO TENT on the St. Jude, Sweet Corn Festival Fair Grounds located at the corner of Edgewood Rd & 1st Avenue NW. *Directions to St. Jude Sweet Corn Festival Fair Grounds: Go South onto Edgewood Road from the bus area. Follow Edgewood Road to 1st Avenue NW. Go West, onto First Avenue & the Fair Grounds will be on the North side of 1st Avenue.)*

Thank you to all the participants, sponsors, donors & volunteers who make this event possible!

Note: WARM WEATHER RUNNING CONDITIONS CAN BE HAZARDOUS TO YOUR HEALTH. STOP RUNNING IF YOU EXPERIENCE THE FOLLOWING COMBINATION OF SYMPTOMS: severe cramping, chilling, throbbing pressure in the head, dizziness, nausea & vomiting, or dry skin.