

5K FUN RUN

DETAILS

The race is scheduled for May 3, 2008 at 8:00 AM - rain or shine. The registration deadline is April 23. All payments and registration materials submitted via surface mail are to be postmarked on or before this date. Runners are to meet at the race starting point no later than one half hour before the race starting time. The race is to begin at the Hyland Park Trailhead in Bloomington. This is near The Runner's Paradise store in Bloomington. From the store, follow signs to the park. Directions to the store can be found at our website. All runners must sign a waiver and be at least 18 years of age or accompanied by an adult of at least this age.

PRIZES

There will be prizes for the top five finishers in the men and women classes. Prizes will be comprised of gift certificates redeemable at either of A Runner's Paradise stores in the metro area. The top prize in each class will be in the amount of \$250 and the fifth place prize will be in the amount of \$50 for each of the class winners.

THE COURSE

The course will follow along the parkway and head into 84th Street. From there it will continue on to East Bush Lake Road and then loop around the north end of the park where it will follow the perimeter of the lake to return to the south entrance. Runners are to stay on the course at all times and follow any of the course markings laid out. Slower runners are to stay to the right and let faster runners pass on the left. Runners are advised to use caution at all times and not assume they are protected from all traffic because they are on the course. Any runners experiencing sudden physical ailments are suggested to either not participate or use their best judgement on pacing and distance. A fully trained medical staff will be on hand to assist runners if their health requires it.

Sign at the line above.