



5K Course Rules and Regulations

- **All participants, regardless of age or ability level, on the course during the 5K Run/Walk/Roll must be registered and sign a liability waiver.** Unregistered participants will not be allowed to participate.
- All participants are expected to conduct themselves in a professional and courteous manner towards the community and their fellow participants during their participation in the event.
- Strollers and baby joggers are allowed, but those using them must be registered participants regardless of age and ability level. Open wagons are not allowed.
- Only service animals are allowed. Service animals must be harnessed, leashed or tethered, unless these devices interfere with the service animals work. If devices are not used, then the owner must maintain control of their service animal.
- This will be a staggered start event. We will start with wheelchair racers then runners followed by walkers and then anyone using a non-racing wheeled device (ie. Stroller).
- Unauthorized vehicles, skateboards, roller skates, bicycles, or roller blades are not allowed.
- Portions of the run will cross various roadways so please be aware to watch for traffic. We are not able to stop ambulance traffic transporting patients to the hospital and you might be briefly stopped if this occurs.
- The course includes sidewalks and roadways. Please be aware that there is the potential for uneven surfaces and please take the necessary steps to avoid these areas.
- Headphones are welcome.
- Officials may cancel or delay the Run/Walk/Roll due to extreme weather or other conditions that may affect the safety and health of participants.
- This is a free, non-competitive event and individual timing is not available.
- **HAVE FUN!**