



FINAL ATHLETE INFORMATION

In this email you will find important race information for the weekend. Please find us on Facebook for any important last minute race updates, or visit www.itzevents.com

<https://www.facebook.com/inthezoneevents>

Important Course Information

Aid Stations

There is one water station that you will pass twice

PACKET PICK UP:

Runner's Depot CORAL SPRINGS STORE ONLY
5679 Coral Ridge Dr.
Coral Springs, FL 33076
(954) 575-2090

Wednesday September 25th

PACKET PICK UP: 10am-7PM

Wednesday September 26th

PACKET PICK UP: 10am-7PM

You must show a government issued photo ID at time of packet pick up. Participants may have a friend or family member pick up their packet; however, they must have a copy of the participant's government issued photo ID (paper or electronic).

RACE DAY: Saturday September 28th

Coral Springs Northwest Regional Library
3151 N. University Drive, Coral Springs, FL 33065

- 6:00am** - **5K** Registration opens (if spots available)
Training for Warriors Coral Springs
- 6:30am** Training for Warriors will be conducting a group stretch on stage:
Coral Springs Civil Air Patrol will be conducting our flag ceremony
- 7:00am** 5K Race Start

approx 8:30am Awards Ceremony

There are NO REFUNDS, or TRANSFERS (including person to person).

**Please note: Roller skates and skateboards will NOT be permitted. NO DOGS ARE PERMITTED.

Flag Warning System

There will be a simple flag color system along the course to help warn participants of weather or course related problems.

Green- Everything is Normal

Yellow- The heat index is at a point that runners/walkers should slow down and drink plenty of water

Red- Dangerous weather. Runners and walkers should slow down and take plenty of water. Timing of the event has stopped and no awards will be given out at this time.

Black- race has been cancelled due to extreme weather or course emergency. Events such as lightening, tornado or human disaster have or are occurring and all participants need to seek shelter immediately.

How do I know if the flag is changed? There will be 2 short air horn blasts every 30 seconds at each water station to notify runners the flags have changed

EVENT WEEKEND PARKING!

FREE PARKING!

Coral Springs Charter School
3205. N University Drive
Coral Springs, FL 33065

Butters Building

3111 N. University Drive, Coral Springs, fl 33065
(The glass building on the EAST side of the road at NW 31st Ct in the back lots)

Directions to event:

Take the Sawgrass North or South to Sample Road.
Head East on Sample to University (approx. 3 miles)
Head South on University 1 block(library is on the East side of the road)

WE ARE ENCOURAGING CARPOOLING!

Results:

Participants can find their finishing times by visiting www.accuchiptiming.com

Vendors:

We will also be featuring vendors on race day, so make sure you bring some cash.

Thank you to all our Supporters:

City of Coral Springs
One to One Fitness
I9 Sports
Jimmy John's
Northwest Broward Road Runners
Training for Warriors
Planet Fitness
Runner's Depot
Civil Air Patrol- Coral Springs Cadet Squadron

Have a great Race! Run Happy!

Thank You,
Kelle Burke
Race Director

I just want to spend time with you...

Love,
Your Running Shoes

