



## instructions

- Wear the bib number on the front of your shirt and string the chip timer through one of your shoelaces. When crossing the finish line mat the chip will automatically record your time.
- 10K is 2 laps of the course. Do not cross the finish line mat if you have not completed 2 laps.
- The 10K “out and back” on Novara is completed on the first lap of the course only.
- Walkers (5K only): stay right to let runners pass on left.
- Have fun!

 Water Station