



# SEPTEMBER 30, 2017

- This will be a chip timed event!  
Online registration is highly encouraged.
- All races will start at 9:00 a.m.
- Race Day Registration is from 8:00 - 8:45 a.m.
- The race starts at the Griffin Park Tennis Courts and heads East towards Farm Island, on the beautiful Lewis and Clark Trail.
- Online Registration:
  - 5K - \$20
  - 10 Mile - \$20
  - Relay - \$50
- Race Day Registration:
  - 5K - \$25
  - 10 Mile - \$25
  - Relay - \$60
- All runners receive a long sleeve tech tee shirt.
- Online Registration: [www.active.com](http://www.active.com)

The 10 Mile Run/Relay is for 1-3 people.

The relay exchange is at the Farm Island Boat Ramp. Each runner will run slightly over 3 miles. Relay teams are responsible for getting their 2nd and/or 3rd runner to the exchange point on Farm Island.

All exchanges occur at the boat ramp on Farm Island.

