



Thank you for registering - Race day is tomorrow!

To make a successful and safe event for all please READ the full email.

Watch "what to expect" here!

YOUR BIB If you have not received your bib by race day see the Timer at the finish line when you arrive.

COURSE IMPORTANT MESSAGE: please run through the finish line mats on EACH loop for accurate split & finish times for the Half Marathon. Download the Maps: [5K](#) + [Half Marathon](#)

BATHROOMS There are indoor bathrooms near Mile 2 for the 5K and Mile 12 for the Half Marathon on Ave. of Commerce. There are porto Johns available by the Finish area.

HYDRATION

Post Race for ALL: Bottled water and **EnergIce** Vitamin Infused Frozen Hydration.

During the 5K: If you would like water on the route, bring your own hydration.

During the Half Marathon ONLY: 4 opportunities for water and **EnergIce**



Grab & carry hydration ice bar. 2oz Ice Bar = 13oz fluid replacement. Caffeine/Stimulant/Gluten Free.

COVID If you answer YES to any of the following you are not allowed to attend the event:

- (1) COVID-19 symptoms in past 14 days.
- (2) Positive COVID-19 test in past 14 days.
- (3) Close/ proximate contact with confirmed/suspected COVID-19 case in past 14 days.

MANDATORY FACE COVERING Bring your face covering to wear when not racing – before and after your run/walk.

SOCIAL DISTANCE Staggered Startline (participants spaced 6ft apart) and chip scored. "What to expect" video above.

REMEMBER Upon completion of your run please leave the finish area in a timely manner while others finish, spread out/observe social distancing and wear a face covering!

We are here based on the good faith of our compliance - please use the utmost care to be optically following social distance protocols. Wear a face covering so we may be invited back! Literally, Parks personnel is paying attention to how we conduct ourselves - our actions impact the running community!

For more info on the event visit: <https://events.elitefeats.com/lemonade21>
and scroll past all the registration info to the bottom of the page.

Have fun and be safe!

The Time Crew

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