

Clintondale Kids Run the Nation Community 5K



Come out and join our Clintondale Elementary Run Club in a
Community 5K!

When: Saturday, June 1st

Where: Clintondale High School Track

Time: 9:15 a.m. check in if you'd like to run
10:00 a.m. 5K start

Why: Because our run club kids have given their all training
and would love the community to join them in
running/walking a 5K!

Cost: FREE :)

- All runners must arrive and check in to get their bib (run clubbers) or 5K sticker (all other runners). Only members of the Run Club will be wearing a bib and receiving a medal, but all other runners must check in to get a 5K participation sticker.
- Once runners check in they will head to the track to stretch and get ready for the race. Only runners with a bib or 5K sticker will be allowed on the track.
- The race will not officially be timed, but there will be a timer for you to see your time as you cross the finish line.
- There will be a water station at 1.25 miles, as well as 2.25 miles.
- Copies of the map will be available the day of the race, as well as cones and arrows at each intersection and corner of the route with volunteers making sure everyone stays on route.
- Volunteers will be on bikes if there is anything needed along the route, as well as bikers to lead the first runners, and bikers to follow the end to make sure all participants have completed the race.
- Water and bananas are available on the track after the race for runners..

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