

Never joined or attended a community 5k? Welcome! Here is some 5k etiquette for first-timers:

- Like any road race, IT WILL BE CROWDED at the start. It takes a while for the crowd to thin out. Be patient and move forward as best you can.
- When the race starts move at your own pace in as much of a straight line as the traffic permits. This will allow anyone behind you to pass you without wondering where you're going.
- Do not push or shove runners out of your way.
- Be aware of other runners.
- Try to stay out of the way of faster runners.
- Just like driving, stay to the right and pass on the left.
- Enjoy the experience and don't be afraid to interact with other runners.
- Thank volunteers!
- At the water stops, DON'T COME TO A STANDSTILL. As you pass the water station, grab some water from the table or the outstretched hand of a volunteer and keep moving. If you intend to stop to drink your water, go ahead, but move to the side of the trail. Try to toss the cup to the side of the race route so runners behind you don't have to run through an obstacle course of crushed cups.
- At the finish line, please keep moving through the line and wait until you are out of the way of the finish chute to celebrate with friends and family and to take photos etc.
- Find a place to cheer on the remaining runners.
- Celebrate your accomplishment!

Thank you for choosing to take on this new challenge at our event! We are grateful and excited to have you join us.

Spectators are also asked to stay aware of other runners and fellow supporters when taking photos, cheering etc.