



Parent/Guardian Guide

Fall 2019 5K

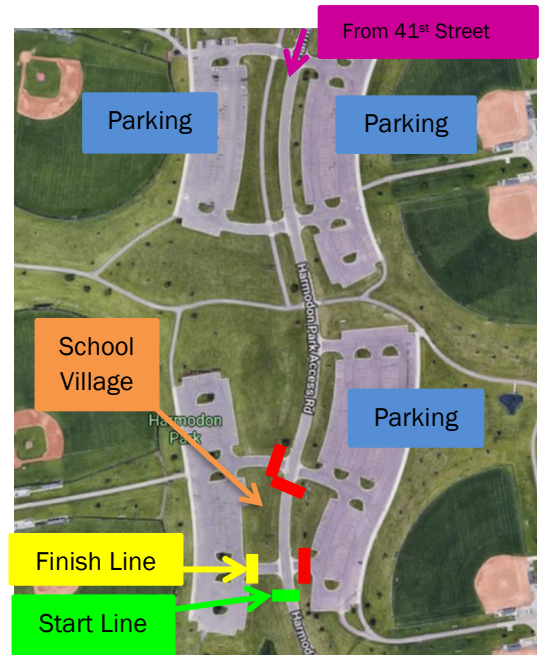
Race Day

Sunday, November 10 at 2:30pm
Harmodon Park (5721 E 41st, Sioux Falls, SD 57110)
Please don't arrive before 1:30pm!

Parking at Harmodon Park

You will only be able to enter the park from 41st Street. The 57th Street entrance will be closed for the race. Parking is available in lots ****. These are indicated on the map. If there are flag across a parking lot entrance, that lot is closed. Do not move the flags. This is for the safety of our runners.

All GOTR/Heart & Sole/LMR runners should meet their teams in the school village prior to the race. School village information is on the following page.



Race Route

Participants will run on a service road to the 57th street park entrance then turn around and head back to the where the start line. They will do this route two times. Coaches, please make sure to tell your runners to run on the right hand side of the road at all times. After going down and back twice, they will run into the finish line.

Spectators are NOT allowed on the road. Please stay on the sidewalk and grass during the duration of the race. This is for the safety of our runners.

School Village

Check for your school and find your group by the colored flags at the race. A chart will be at the park to confirm your school color.

RED	Yankton - Webster Yankton - Stewart Yankton - Sacred Heart	PURPLE	Lowell Harvey Dunn John Harris
ORANGE	Memorial - H&S Patrick Henry - H&S Vermillion	GREY	Brookings - Camelot Int. Brookings - Hillcrest Tea - Venture
YELLOW	Colman - Egan Flandreau Dell Rapids	MAROON	Chamberlain Platte Canton
GREEN	Harrisburg - Liberty Harrisburg - Explorer SF Christian	PINK	Huron DeSmet Redfield
LIGHT BLUE	Brandon - Fred Assam Lennox Winner	WHITE	Slayton Tracy West Lyon
ROYAL BLUE	JFK Pettigrew Hayward	LIME GREEN Let Me Run	Brandon Elementary Sonia Sotomayor Boys & Girls Club Hawthorne
BLACK	LBA Eugene Field All City		

Frequently Asked Questions

Are there Restrooms? Yes! We will have portable facilities near the finish line area. The permanent park facilities will be closed for the winter season.

Can I bring my dog? Service dogs will be allowed on the course, but we ask you leave your family pets at home.

Can I run with headphones? Wearing headphones is discouraged due to the safety of all runners. Participants must be aware of their surroundings at all times.

What about strollers? No, strollers are not allowed on the course due to the number of runners on the course.

How long will the race last? The earliest runners will complete the course in 25 minutes. The bulk of the crowd will cross the finish line between 36-48 minutes. Final runners will finish by 3:30pm.

Do I need to bring water? It's up to you! There is no water stop. Water will be available at the finish line.

What if it rains? We will run rain or shine. Dress in layers! The event will only be cancelled in the event of severe weather. Check www.embe.org for any cancellation announcements.

HELP! It's Race Day...

If you have any final questions the day of the event, please call or text, Allison Sinning at 605.647.5339.