



Let's make Saturday go well

**Living History Farms Parking Info
Keep in your car**

Pre-Race

- Car Pool- You'll have fun, help the environment and be able to leave faster with fewer cars
- Use the east entrance to the Farms area (on Hickman near Girl Scout Entrance) if possible to decrease the traffic into the main entrance
- If arriving from the south on the Interstate exit at University- go east on University to 100th ; North on 100th to Hickman then west on Hickman to the Girl Scout entrance area and avoid the backup coming off Hickman.
- Put the cell phone down and look for the volunteers to direct you to your parking spot
- If only dropping off runners and not parking use the designated drop off area
- Do not use the Machine Shed Restaurant or Hotel Parking Lots for pickup or parking. Their lots are for their customers.

Post-Race

- Be patient-it may take you a few minutes to leave the area. There are several ways to speed up the process.
- Go east (left) when exiting on to Hickman. You can still get to the interstate by going east on Hickman to 100th Street. Then north on 100th to Douglas west on Douglas to the entrance to the Interstate6
- Those parking in north west area (near the food area) after the last runner has passed back through the tunnel (around 10:45) you can travel on the gravel road through the tunnel and exit the Farms property on Douglas Ave. Volunteers will direct you to this road when it opens up. There is an interstate junction on Douglas also.

Things to Remember

1. Packet Pickup Times: Packet pickup will be from 3 to 8 Pm on Fri. evening Nov. 19th. (The busiest time is always from 3-5).

2. No race number, No racing/running - Play Fair! If you aren't registered for the race, please come and volunteer or cheer for the runners. We have made provisions for 7500 runners and the course won't hold any more. Don't spoil the fun for those who did. Pin your number on the front of your clothing.

No chip, No time - you must return your chip at the finish or at packet pickup if you are not running. Attach the chip on the top of your shoe with the ties provided or your shoe laces.

We will be feeding nearly 8000 people (including volunteers) so please use the trash receptacles provided. Your help is appreciated.

If you don't run the complete course, don't go across the finish-line. Most of you time yourself anyway and you are only cheating yourself by cutting the course.

Have a good time. That is what this race is about.



Machine Shed's Pasta Buffet

11/19/2010/ From 3pm to 9pm

(during packet pickup)

Pasta Buffet Includes:

Baked Cavatelli

Roasted Red Pepper and Tomato Sauce

Carbonara Sauce

Penne Noodles and Linguini

Grilled Chicken Breasts

Bread Sticks

Bowtie Pasta Salad

Caesar Salad

Adults \$10.99, Adult Racer \$8.99, Kids (12 and under) \$5.75.