

SHUT UP AND RUN 5K X-C's TOP TEN (What normal races call Prerace Instructions)

1. **DO NOT REMOVE** (or pin) **BOTTOM TAG FROM BIB NUMBER**(same penalty as applies to your mattress tags if you do)
2. **FILL OUT BOTTOM OF BIB COMPLETELY** –AGE, M/F (YOU HAVE A 50% SHOT AT BEING CORRECT ON THAT ONE) **AND INCLUDE YOUR RACE DIVISIONS NOTED BELOW.**
 - a. **OPEN**
 - b. **MASTERS (40 AND OVER – but generally referred to as the OFC)**
 - c. **HIGH SCHOOL (CURRENTLY ATTENDING AND THAT DOESN'T MEAN JUST SITTING IN PARKING LOT)**
 - d. **GRAMMAR (12 AND UNDER)**
3. **THIS IS A CROSS COUNTRY COURSE** (THAT'S WHAT X-C MEANS). You will encounter a variety of terrain, including but not limited to grass, rocks, roots, sand, mud, boardwalk, cement and asphalt. There are steps, ditches, even a hill –by Florida standards. Please stay awake! I know.....it's early, it's a holiday, your mom made you come (pie guy's excuse) waah–Hey, I was up @ 4 this am. ☺
4. **IF YOU CANNOT COMPLETE THE 3.1 MILE COURSE DO NOT CROSS THE FINISH LINE.** I am a strong supporter of “CHEATERS FOR CHARITY”. My favorite coworkers belong to this dedicated cult but they know not to cross the finish line b/c that creates inaccurate results, unhappy people and because my contact information is all over the registration forms, people will come after me.
5. **STAY TO THE LEFT OF THE CONES/ MARKERS.** (Or the Yankee translation, keep the cones on your right, how's that Keith?!)
6. **THE START OF THE RACE IS AT FRONT GATE OF TREATY PARK** (The race will start @ 8:00 am with or without you, so don't wait for a boarding call). **THE FINISH IS on THE FIELD IN FRONT OF PAVILION.**
7. **PLEASE SUPPORT OUR SPONSORS- I CAN'T MAKE YOU SUFFER EVERY THANKSGIVING WITHOUT THEM!!**.....including the Pie Guy as this is his last SUAR as a single pie.
8. Buy raffle tickets, gets lots of great prizes that you can give away @ Christmas and look like you really cared.
9. **HAVE FUN...wait that was only 9.....**
10. Okay then...Shut up and Run ☺