

Frequently Asked Questions – Lake Union 10K

RACE START: Sunday August 21, 2011 7:30 AM South Lake Union parking lot by Kenmore Air on Westlake Ave N. Must be at the start line by 7:20 AM for race instructions and seeding! The Fremont Bridge is held only for 15-20 minutes. The race must start on time – no exceptions.

COURSE: 10 Kilometers (6.21 miles) **clockwise** around Lake Union on the sidewalk and right shoulder of Burke Gilman Trail and Fairview Ave N. Although the course will be marked with white chalk and signs you should read the map on the website – it is the athletes responsibility to know the course.

CHECK IN: Athletes must be at race site between **5:30 AM and 7:00 AM** to pick up your package and your timing chip.

PARKING: On Westlake North of AGC, Dexter North of Mercer and surrounding area. Parking is limited, plan to car-pool and/or arrive early enough to get parking and check in.

TIMING/BIB NUMBERS: **You must wear a timing chip to get an official result.** Timing chips are worn on your left ankle. Bib numbers must be worn in front and be visible at all times

AID STATIONS: Every 2 miles. Aid stations have water, Hammer HEED Hydration drink, Hammer Gels, a port-o-pottie.

PORT-A-POTTIES: At race start and finish area.

RULES:

1. Dogs are allowed but must start in the back. Owners must pooper scoop or will be disqualified if reported.
2. Runners must stay to the right side of Fairview Ave, right of the traffic cones at all times.
3. Be courteous. Do not run/walk side by side if it will block runners coming up on you
4. Audio is dangerous and discouraged, but not prohibited. You must be able to hear safety personnel, other runners, and race staff.
5. Be courteous and respectful to volunteers and race staff
6. Strollers are not allowed at all. Runners with strollers will be disqualified and not receive official times or awards.

RACE FEES: JANUARY 31 - AUGUST 13: \$35 AUGUST 14 - AUGUST 21: \$45

Race registration fee includes a technical fabric race t-shirt, use of timing chip and post-race festivities. Post race food provided by Portage bay Café and Whole Foods. A portion of the race proceeds will benefit “Girls on the Run” Puget Sound. Sorry - No Refunds.

NO DAY OF RACE REGISTRATION – RACE IS LIMITED TO 1,000 PERSONS: you can also register in person during the Pre-Race Packet Pick-up at [5focus Studio](#), on Saturday from noon to 6:00 pm.

REGISTRATION OPTIONS:

OPTION 1: Secure ONLINE registration on www.active.com Registration closes Thursday August 19.

OPTION 2: Mail-in or in-person application: Application available at www.lakeunion10k/registration. Mail completed applications to Total Health Events, 2132 Westlake Ave. N. #124, Seattle, WA. 98109. Please make checks payable to Total Health Events must be received by Friday August 20..

OPTION 3: You may register in person at 5focus Studio 1009 8th Avenue North during regular business hours. Also, [Fleet Feet](#) , 911 E. Pine Street, Seattle, WA. or [West Seattle Runner](#), 3727 California Ave, Suite 2A, Seattle

For more information contact: Total Health Events: info@totalhealthevents.com or 206 499-1903