



LBX Dig Deep 5k Race Day Instructions

Packet Pickup

Race packets will be available for pickup either the morning of the race from 7am to 8:15am inside the Embassy Suites hotel or on Friday July 12th at West Sixth Brewery located at 501 West Sixth Street in Lexington in the beer garden from 3pm to 6pm.

Location

We will start the race promptly at 8:30am behind the Embassy Suites hotel on Newtown Pike in Lexington. The race will continue on the Legacy Trail and finish back at the Embassy Suites. Parking and restrooms are located at the Embassy Suites hotel.

Awards

There will be awards for top three overall male and female competitors. The awards ceremony will take place inside the Embassy Suites following the race around 10am. There will also be awards for top three male and female in each age division (under 18, 19-29, 30-39, 40-49, 50-64, and over 65). We will also be giving away five MasterCard gift cards of \$250, \$150, \$50, \$25, and \$25 as part of a random drawing by bib number. **You must be present to win!**

Race Day Etiquette

- Be aware and respectful to your fellow competitors. If you are walking with a group or a stroller, please give the runners enough space to run their race. It is a race, you know!
- Get in and out of the water stations as quickly as possible so you can allow for the people behind you to get water as well. If you feel the need to stop along the race, please step over into the grass to allow the other competitors to pass.
- Please plan to line up by pace time with the faster runners at the front and the walkers and strollers at the back.
- Your bib number must be affixed to the front of your torso on the outermost layer of clothing. See instruction sheet in packet.
- Thank the volunteers! They are working hard to make this a fun event for you.
- Time will be recorded by 3WayRacing. Please follow the instructions in the packet.
- No alcoholic beverages or controlled substances please.
- All pets must be friendly and leashed and owners must remove all waste.
- Trash must be disposed of appropriately.
- The trail will remain open to the public, so please be courteous to those who are not part of the race.
- Please keep to the right and pass on the left.
- Please move off Trail when stopped.
- Have as much fun as possible and be safe!