



www.CLungerBeats5000.com

PARTICIPANT INSTRUCTIONS

Hello friends of CLunger Beats 5000 –

We are excited to have you join us at OSU Stadium on Sunday, August 28th! Below you will find important information about packet pick-up and race details. Attached is a course map, parking instructions, as well as bib instructions.

EARLY Packet Pick-up

“Team Honda” Packet Pick Up – Wed-Thurs, Aug 24-25 from 11AM-1PM at Honda R&D Lobby, Raymond, OH.

You can avoid waiting in line on event day for your packet by picking your packet up in advance:

Sat, Aug 27th from 11AM-5PM at

Fleet Feet Sports

1270 E Powell Rd, Lewis Center, OH 43035

(614) 846-5625

<http://www.fleetfeetsports.com/locations/columbus>

Note: You can pick-up a packet for a friend or family member.

Race Day Packet Pick-up

If you do not pick up your packet in advance, you can do so on race morning starting at 8:30AM at Ohio Stadium! Please reference attached start/finish map for location.

Participant Parking

Parking is permitted in any available public garages or lots. You must have a valid Ohio State parking permit to park in permit designated areas. Non-permit areas require you to use a pay-and-display machine. Pay-per-hour is the same rate in the garage as the surface lots. This is approximately \$5 per vehicle for 3 hours. Please reference attached parking map for locations.

Shirt Size Policy

To ensure that everyone receives their requested shirt size, the shirt size listed from registration will be the size given during packet pick-up. There are no exchanges until after the race.

Course Safety

The road course is coned in key areas to separate participants from traffic but please be aware that it is possible a vehicle could stray onto the course. Volunteers are controlling all key intersections for your safety. Please comply with any officer instructions. Please stay within assigned course at all times. Strollers are permitted and are encouraged to start at the back of the race.

Aide Stations and Post-Event Recovery Area

There are two aide stations located on the course. Aide Station #1 is located at the Start/Finish line and Aide Station #2 is located at approximately the 1 mile and 2 mile point on the out and back course. Both aide stations will contain Gatorade® and water. The post-event recovery area where you will be able to re-hydrate, get healthy nourishment, and fellowship with other athletes is located at the finish line.

Event Day Schedule

Participant Check-in	8:30 AM (only those who did not pick-up packet in advance)
Team Honda R&D Photo	9:15 AM
Event Formation	9:45 AM
Race Instructions	9:55 AM
5K Event Start	10:00 AM
Kids Fun Run Start	11:15 AM
Course Closes	11:30 AM

Awards will be handed out to those eligible at a ceremony after the race.

Results will be posted online shortly after the race at www.greenswell.com