

Glow Trail Run - Things You Might Want to Know

WELCOME TO THE ANNUAL LUTHER CREST GLOW TRAIL RUN!

1. Check In at Registration Table at 8:30, Final Payments, Sign or turn in waivers.
2. Map Available both the Fun Run options and the 5K Versions of the map
3. 5K Participants – Get your numbers and safety pins. Please place number on the lower half of the front of your shirt (belly area).
4. Bottled Water is available at Registration Area, At the Beach Finish Line Area & with Medical Care Person on the Golf Cart
5. Get your Glow Run T-shirts (at the Gazebo)
6. Come dressed with glow in the dark outfits and wearing glow in the dark items and a head lamp if you so choose.
7. Glow Painting (at the Flagpole) – Paint your face. Paint your shirt. So you glow on the run.
8. Line Up around 9:15. We ask that the more competitive 5K people line up in the front. Fun Run and families with younger kids should stay toward the back.
9. Event will Start at 9:30. Air Horn Start!!!
10. Trails are lit up with solar lights in some areas. Glow Sticks are on the right side of the trail. Follow the glow sticks and the trail guides with flashlights throughout the trails.
11. Please do not pick up the glow sticks – as they are on the trail to show runners the way to go.
12. **5K – Continue through the worship area and up the hill to start Lap 2. Two laps = 5K**
13. **Fun Run – Finish at the Beach Area after Lap 1. Or even sooner if you did the Short Version.**
14. **Please Note: 5K – Lap 1 goes straight at Station 2, Lap 2 goes left to field at Station 2.**
15. There are Water Stations throughout the trails. Look for the Blue Glow Balloons at the tables with cups of water for you to grab and go.
16. A Health Care Manager is on a golf cart if you need health care assistance.
17. Awards may be given out to the winners before all participants have finished.
18. Event will conclude with all participants finishing the race and gathering at the Beach Area and Bonfire. Snacks and Music will be provided! ***THANK YOU ALL FOR COMING!***