

LOAVES & FISHES FOOD PANTRY 2024 SPRING INTO ACTION 5K



Sunday, May 5, 2024
1 PM to 3 PM

PARTICIPANT INFORMATION SHEET

THANK YOU FOR SUPPORTING LOAVES & FISHES FOOD PANTRY!

- Park across the street from the Bob Eisengrein Community Center. Follow the signs to the Registration Table.
- Brief welcome remarks will begin at 1 PM.
- Course is open from 1 PM - 3 PM. Be sure you are finished with your walk/run by 3 PM.
- The full 5K is 2 full laps around the course.
- PLEASE CHECK OUT AT THE REGISTRATION TABLE WHEN YOU ARE DONE.
- A map of the course is on the other side of this page. Please note locations of course safety stations for basic first aid, water and information.
- ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.
- ALL DOGS MUST BE LEASHED, CLEANED UP AFTER, AND WELL BEHAVED OR THEY MAY BE ASKED TO LEAVE THE EVENT.

MOST IMPORTANTLY - HAVE FUN!



COURSE INFORMATION

✘ 9 Street Crossings and Safety Stations

💧 4 Water Stations

- Start at the gazebo and follow course signs
- Full course is 2 full laps
- Water and basic first aid supplies are available at safety stations.
- All dogs must be leashed, cleaned up after, and well behaved.
- PLEASE CHECK OUT AT REGISTRATION TABLE WHEN YOU ARE DONE