



**2018 Clyde's 10K
April 15, 2018 @ 8AM**

Race Day Runner's Manual





2018 Clyde's 10K Runner's Manual



Race Start

Race starts at 8:00AM. Start line is located in the westbound lanes of Little Patuxent Parkway (LPP) about 200 meters beyond the pedestrian bridge. See attached parking plan.

There will be active traffic on Little Patuxent Parkway. Runners shall not walk or run on Little Patuxent Parkway until the Howard County Police have closed all lanes to traffic. Estimated time of road closure is 7:45am. Race volunteers will alert runners when it's safe to access Little Patuxent Parkway. Runners should gather in the American City Building parking lot and the pedestrian bridge around 7:40am and wait for race official's instructions to assemble at the start line. See attached parking plan.

Parking

See attached parking plan. There is no parking allowed in the Whole Foods and Haven on the Lake parking lots. Individuals parking in these lots maybe subject to tickets or towing. Striders and Clyde's are not responsible for runners incurring any violations.

If you are parking at the lots at the Columbia Mall, be aware of the traffic on Little Patuxent Parkway. Please use the cross walks and do not jaywalk. Police will be assisting runners cross Little Patuxent Parkway to the Lake Front.

Porta-Pots

Portal-Pots will be located in the American City Building parking lot at the top of the stairs that lead down to the Lake Front. See attached parking plan.

Packet Pickup (Friday and Saturday)

Friday and Saturday packet pickup will be at Feet First. Please note that Feet First moved to a new location within the past few months.

Friday – 12:00pm-7:30pm

Saturday – 10:00am-5:30pm

Feet First new address:

5305 Village Center Drive, Suite 110

Columbia, MD 21044

Race Day Packet Pickup (Sunday)

Race day packet pickup will be located on sidewalk in front of the American City Building. See attached parking plan. Packet pick up will be available 6:30am-7:30am.



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Aid Stations

There will be two aid stations on the course with water and Gatorade. The first aid station is located on Columbia Road at approximately Mile 2.3. The second aid station will be located on West Running Brook at approximately Mile 4.5.

Time Restrictions and Cutoffs

Runners must maintain a minimum 13:00 min/mile pace. Our permit with the Howard County Police dictates that the **course is to be closed at 9:30AM**. Race officials and volunteers will begin demobilizing at 9:15am. All runners who remain on the course after 9:30am will have to follow normal rules of the road and will not be provided with traffic support services from the police or race volunteers.

Please note that the finish line and timing equipment will be shut down at 9:30am. Runners finishing after 9:30am will be not scored and will not be eligible for awards (see Finish Line).

Finish Line

New finish line is located on the path directly in front of the Clyde's restaurant. Food and drinks will be a short walk from the finish line chute. Due to the narrow path and limited space, follow volunteer's instructions and move through the chute quickly.

Please note that the finish line and timing equipment will be shut down at 9:30am. Runners finishing after 9:30am will not be scored and will not be eligible for awards. Clyde's opens at 10:00am and we must clear the path for their customers.

Awards Ceremony

Awards will be handed out in the covered pavilion within the beer garden. Estimated time for awards is 9:15-9:30am.

Questions/Comments

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2018 CLYDE'S 10K APRIL 15, 2018 @ 8:00AM
NEW START & FINISH LINE AND PARKING PLAN



PARKING ALLOWED

NO PARKING ALLOWED

