

2011 Sourwood 5K and Cheshire Pump & Run



SCHEDULE

FRIDAY – August 12th

12:00 Noon On-line registration closes.

5:00 – 7:00pm **Packet Pick Up and On-site Registration** at the Cheshire Fitness Club. We recommend that those not pre-registered do so today vs. Saturday morning. Please avoid the lines.

SATURDAY – August 13th

6:45 – 8:00am **Packet Pick Up and On-site Registration** @ Cheshire Fitness Club

6:45am **START:** Pump portion of “Pump & Run” – All pumpers should be on-site and ready to go no later than 7:00am

8:20am **Pre-race briefing** near Finish Line (the parking lot of the medical building)

8:30am **START:** Sourwood 5K

8:45:40am 2010 Men’s Champion Expected (Approx – based on 2009 results)

8:48:45am 2010 Women’s Champion Expected (Approx – based on 2009 results)

9:30am Approximate start of Awards Ceremony

9:00am – 9:00pm **33rd Annual Sourwood Festival** – downtown Black Mountain

SUNDAY – August 14th

9:00am – 5:00pm **33nd Annual Sourwood Festival** – downtown Black Mountain

PRESENTED BY:



www.Sourwood5K.com

828-669-1902

Sourwood5K@eventmercenaries.com

The **Sourwood 5K and Cheshire Pump & Run** is an **Event Mercenaries** production.

SAFETY

TRAFFIC SAFETY Vehicle traffic on the course will be monitored by the Black Mountain Police Department. The roads are not, however, closed. Please use all appropriate caution. Unless instructed to do so – please STAY LEFT at all times while running.

DOGS & WHEELS No dogs, in-line skates, roller skates, or bikes will be permitted on the course. While we strongly discourage the use baby joggers/strollers they may, in very limited quantity, start behind all runners and walkers.

HEADPHONES For the safety of all, in accordance with RRCA (Road Runners Clubs of America) Guidelines, the use of headphones or similar devices is strongly discouraged.

LOGISTICS

PARKING The primary parking area is in the field below the medical building. Please follow instructions of volunteer parking staff and signage. Please car pool – space is limited. Please do not park in lot above the Cheshire Fitness Club. It is reserved for Club members using the gym. Do not park on the road – Hwy 9 – this is the START line.

RESTROOMS The Cheshire Fitness Club has full service locker rooms and are the only restrooms available on-site. Please plan your pre-race relief accordingly.

AID STATIONS There are three Aid Stations = Mile 1, approx. Mile 2.2., and the Finish. They will offer water and Gatorade only. No litter please.

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PRESENTED BY:

