

IM Sports - CROSS COUNTRY RACE

Instructions and Information

COURSE: PSU Varsity Course - 5k (3.1 miles) marked with Blue paint.

COURSE LOCATION: Start and finish the course in the field adjacent to the parking lot across Atherton Street from Rec Hall. We suggest you get out early in the week to familiarize yourself with the course.

RACE DATES: All races will be held on the same day. Please check the Cross Country flyer this years race date and for the start time of your division.

DIVISIONS: Men's & Women's Open, Residence Hall, and Fraternity

RUNNER CHECK IN: All runners must present their PSU ID+Card at the check in area near the start/finish line in the field across from Rec Hall no later than 30 minutes before the scheduled start time for your division. Runners who do not check in by this time will not be permitted to run. Use the 30 minutes between registration and the race to warm up.

TRAINERS: Trainers will be present at several locations throughout the course. Trainers will NOT be available for supportive taping of ankles or other extremities. They will be servicing any injury suffered or aggravated during the race. Water will be provided at the start/finish line. *Remember to warm down after the race.*

STATEMENT OF RISK: The intramural participant is encouraged to consider his/her personal health and physical condition prior to participation in intramural activities. Such participation involves physical exertion, fundamental skills for that sport or activity, and may involve physical contact. The participant, being aware of any conditions predisposing him/her to injury or illness, and in consideration of the inherent physical exertion and possible contact involved in intramural participation, may wish to seek the advice of a physician prior to participation or may choose not to participate at all.

FINISHING THE RACE: *Follow the Instructions of the Chute Workers!!* Move through the chute to which you are directed. To facilitate this process please do the following: Stay in your order of finish. All runners will be given a place card at the finish line. Fill in your name, team affiliation and circle your division, then turn the card back into the event staff when we call for your division.

SCORING: Overall finishing places will be posted. Results will be tallied at the conclusion of each race. Champions will be announced; winners should stay for pictures and awards.

QUESTIONS: Intramural Office - 865-5401, Room 2 IM Bldg, 8am - 4:30pm (M-F)

Last Modified 9/25/01