



5K Details

- Date: Saturday, April 27, 2019
- Distance: 5k Run / 1 Mile Walk
- Location: Cairn University, 200 Manor Avenue, Langhorne, PA 19047
- Registration & Check-in: 7:30am – 8:45am (please arrive and check-in by 8:30am). Check-in and day-of registration will occur in the Mason Circle just outside the lower entrance to the Mason Activity Center (MAC). If it is raining, registration will occur inside the lower lobby of the MAC building. All participants must check-in prior to the start of the race to receive their bib and runners bag.
- Start Time: Race and Walk both start at 9:00am in the Mason Circle- Rain or shine
- Bathrooms: Bathrooms may be accessed in the MAC building before and after the race. Real bathrooms, not port-o-potty's - YEAH!!!
- Race Shirts: All participants registered by Wednesday, April 24th, will receive the Cairn Cares race-shirt. All others will receive shirts on availability basis.
- Runners Bag: All participants who check-in the day of the race will receive the runner's bag. Current value is over \$25.00 in coupons and samples. Runner's bags will not be shipped to those pre-registrants who do not check-in on race day.
- Parking: There will be no parking in lots D or E on race day. Please park in lots G (near the tennis courts) or in lots A, B or C (between the pond and the athletic fields).
- Food and Drink: Water will be available on the course at approximately mile 1.5 (the start of the 2nd loop) and at the end of the race. Bananas, pretzels, and granola bars will be available following the race.

Course

- The course starts and ends on the Cairn University Campus.
- It includes rolling hills and takes place on campus and local, neighborhood streets.
- The 5K is a 2 loop course. The 1 mile is a single loop course.
- Click these links for a satellite view of the 5K [COURSE MAP](#) or to see an animated PlotaRoute "run-through" view of the [COURSE IN MOTION](#).

Divisions/Awards (for the 5K only).

- Top 3 Male / Female Overall Winners
- Top 3 male/female in each age group: 14 & under | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+
- Overall winners are not eligible for age group awards
- All times for awards are based off of the gun-start time
- Runners must complete the 5K and cross the finish line within 45 minutes from the start of the race to be eligible for awards.
- The Awards ceremony will take place at approximately 9:50am.
- Winners must be present for the awards ceremony to receive their awards. Medals will not be mailed.

Race Timing and Result

- The race is being chip-timed
- Your bib must be viewable at all times during the race. Please secure your bib on the front and outer most layer of your top
- Be sure to run through the finish line area as marked. Once you have crossed the finish line do not stop. Continue to walk forward to allow runners behind you to run through the finish line. Do not cross the finish line a second time as this may interfere with your actual results.
- Results will be available race day at <http://bit.ly/cairncaresresults>