

Instructions to 1-Mile Walk/Run Participants

NOTE TO PARTICIPANTS: The 1-Mile Walk will start promptly at 8 am. The walk starts at the corner of Flower Mound Rd. and Furlong Drive (same as the 5K run start) but will finish at the Wellington basketball sportcourt, behind the clubhouse and next to the tennis courts. Follow the arrows on the sidewalk and the directions given by the course marshals.

The 1-Mile Walk is not timed. There are no medals awarded at the completion of the 1-Mile Walk, although we do hand out ribbons to all children that participate. If you would like to be eligible to receive a medal, you must register and pay for the 5K run and be one of the top three finishers in your age/gender bracket.

Pin the walking event bib on your front in a comfortable spot that will be visible throughout the event. Secure it by safety pins through the holes at each of the four corners where designated.

Dogs must be on leashes! There are poop scoop bags provided by Humane Tomorrow for your convenience.

Restrooms: Wellington has locker rooms inside the building; go to the front entrance, go right through the double doors into the multipurpose room, and you'll find the restrooms on the right inside the multipurpose room.

Preparing for the 1-Mile Walk/Run start: The 1-Mile Walk/Run is not timed, so it is not necessary to run unless you want to! There will be a starting horn to signal the start of the walk. The Walk will start at the corner of Flower Mound Rd. and Furlong Dr. You may start on the street to the right of the orange cones. When you reach the Wellington parking lot entrance, please move to the sidewalk and stay on the sidewalk for the rest of the walk.

Participating in the 1-Mile Walk/Run: The course is marked with arrows and will have course marshals stationed at various locations along the route. Please follow the arrows and stay on the sidewalks and paved trails that will take you back to the Wellington Athletic Club property. There are no street crossings in the 1-Mile Walk. Please keep to the sidewalks and hiking trail. At the end of the event kids may pick up a ribbon commemorating their participation in the Wellington Family Fun Run/Walk, and you may also draw a picture and/or write your name in chalk on the sidewalk. Congratulations! You may then return to the Wellington parking lot for refreshments and to watch the 5K race and awards.

Directions: Begin at the corner of Flower Mound Rd. and Furlong Dr. Please move to the sidewalk when you reach the main Wellington parking lot entrance, and stay on the sidewalk from that point on. Follow the arrows and signs. Whenever you get to a street, you will turn instead, staying on the sidewalk and never crossing a street. Turn right on Reid, right on Steamboat, right on Bruton-Orand, right on Sterling, right on Dwyer, left on Burlington, and right on the bike path back to Wellington Athletic Club. There will be arrows on the sidewalks showing you which way to turn.

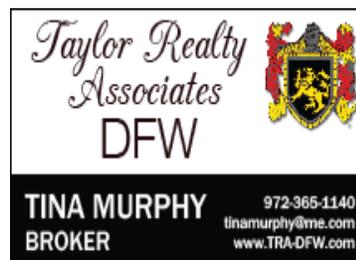


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