

Instructions to 5K Race Participants

VERY IMPORTANT: DO NOT BEND OR ATTEMPT TO REMOVE THE CHIP ATTACHED TO YOUR RACE NUMBER BIB! LEAVE THE CHIP ON YOUR RACE BIB! WHEN YOU CROSS THE FINISH LINE IT WILL BE READ BY SENSORS TO DETERMINE YOUR FINISH TIME.

Pin the race number bib on your shirt front in a comfortable spot that will be visible throughout the race. If you pin your bib to your back, there is a good chance it will not be read properly by the chip timers and your time will fail to be recorded. Secure the bib by safety pins through the holes at each of the four corners where designated. The chip is disposable so you will not need to return anything at the end of the race.

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

Preparing for the race start: The race begins at the corner of Furlong Dr. and Flower Mound Rd. If you are expecting to finish in less than 21 minutes, please take a place at the head of the line. If you are running with a child in a jogging stroller or with a dog, for safety's sake (and courtesy) please allow the faster runners to line up ahead of you. An announcement that the race is about to begin will be made. It may take a minute or two for the runners to "funnel down" to the starting line. Please move at your own pace in as much of a straight line as the traffic permits. This will allow anyone behind you to pass you without wondering where you're going to be.

What can I expect during the race?

Stay to the right, inside the orange cones! When the race begins, it can be a bit crowded at first, but do not dart left into the traffic lane to try to get around a slower runner. Be patient; the crowd will thin out within the first 30 yards of the start. Always stay to the right, inside the cones. There will also be volunteers directing you as to how to proceed.

Start at your own pace, and stay at your own pace. It is very tempting to run faster than you can maintain at the start, simply to keep up with the other runners. Resist this temptation. Run your own race, and maintain the pace at which you have trained. It's OK to run faster later on in the race, but your experience will be much more pleasant and you'll get to the finish faster if you'll move slowly at first.

Split timers: Wellington's race has volunteers stationed at the 1, 2 and 3 mile markers, calling out split times for the racers, so be on the lookout for these if you are interested in knowing your pace.

Water: There will be a water stop on the right approximately half-way through the race. If you intend to stop or walk, it's very important that you take your water and move off to the side of the course quickly. Don't stop all of a sudden, in case there is someone behind you that isn't expecting you to do that.

Finishing the race: To finish you will return to where you started, continuing left onto Furlong Dr.; the finish line is on Furlong Dr. beside the pond. At the finish line you will be directed down a chute. Run or walk down the chute to the finish line and the race timers will capture the information from your race bib. **Congratulations, you did it! Please return to the Wellington main parking lot for refreshments and awards ceremony!**



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