

## **Tips for the BBC 5K Walk/Run**

SATURDAY, SEPTEMBER 12, 2015

LET'S HAVE FUN!!!!!!

BE ON TIME FOR THE RACE – SIGN IN AND REGISTRATION 8-845am

THE RACE WILL TAKE PLACE RAIN OR SHINE (It will be cancelled with inclement weather only)

WE WILL RUN AGAINST THE TRAFFIC!!!!

WATCH FOR CARS

BE RESPECTFUL OF PERSONAL PROPERTY

KEEP YOUR PACE

DRESS IN COMFORTABLE LOOSE FITTING CLOTHING

KEEP HYDRATED – START NOW

**FOR THOSE WHO WERE CONSIDERING PARTICIPATING BUT PREFER A SHORTER DISTANCE, A ONE MILE ROUTE WILL ALSO BE AVAILABLE!**

**THE MEDICAL MINISTRY**