

# SHAKE IT OFF 5K

Saturday, April 13, 2019

Race Site: **Bolingbrook High School**

**365 Raider Way, Bolingbrook, IL 60440**

Parking is available in the main lot of the high school.

**PARKING WILL CLOSE at 8:30 am.**

**Utilize street parking should lot be closed off for runners.**

## Packet Pickup

Packet pickup is available on Friday, April 12th at **Road Runner Sports** Naperville from 2-8:00 pm.

Address: [2555 W 75th St, Naperville, IL 60540](http://www.roadrunner.com). ***Come in and do some more shopping to get \$10 off purchases of \$30 or more. VIP Families receive 25% off total purchases.***


For those unable to pick up on Friday, it's also available on race day Saturday, April 13th starting at 7 am at Bolingbrook High School.

Race Day Schedule	
7:00 AM	Packet Pickup Begins Welcome - Michael Carpanzano
8:30 AM	Warm up by Ultifit - Brian Redard Line up & Announcements
8:55 AM	National Anthem - Mason Choi
<b>9:00 AM</b>	<b>5K Race Start</b> <b>1 Mile Honor/Memory Walk starts right after</b>
9:30 AM	Kids Dash Obstacle Ninja Course opens (optional) - weather permitting
10:00 AM	Awards Ceremony Age Group Winners, Raffle Prize Winners
11:00 AM	Race Closing

**REMINDER:**

No gear check available.  
Please dress accordingly to the weather conditions.

Race Start will be on the track.



## Race Timing & Race Course Information

### Race Timing

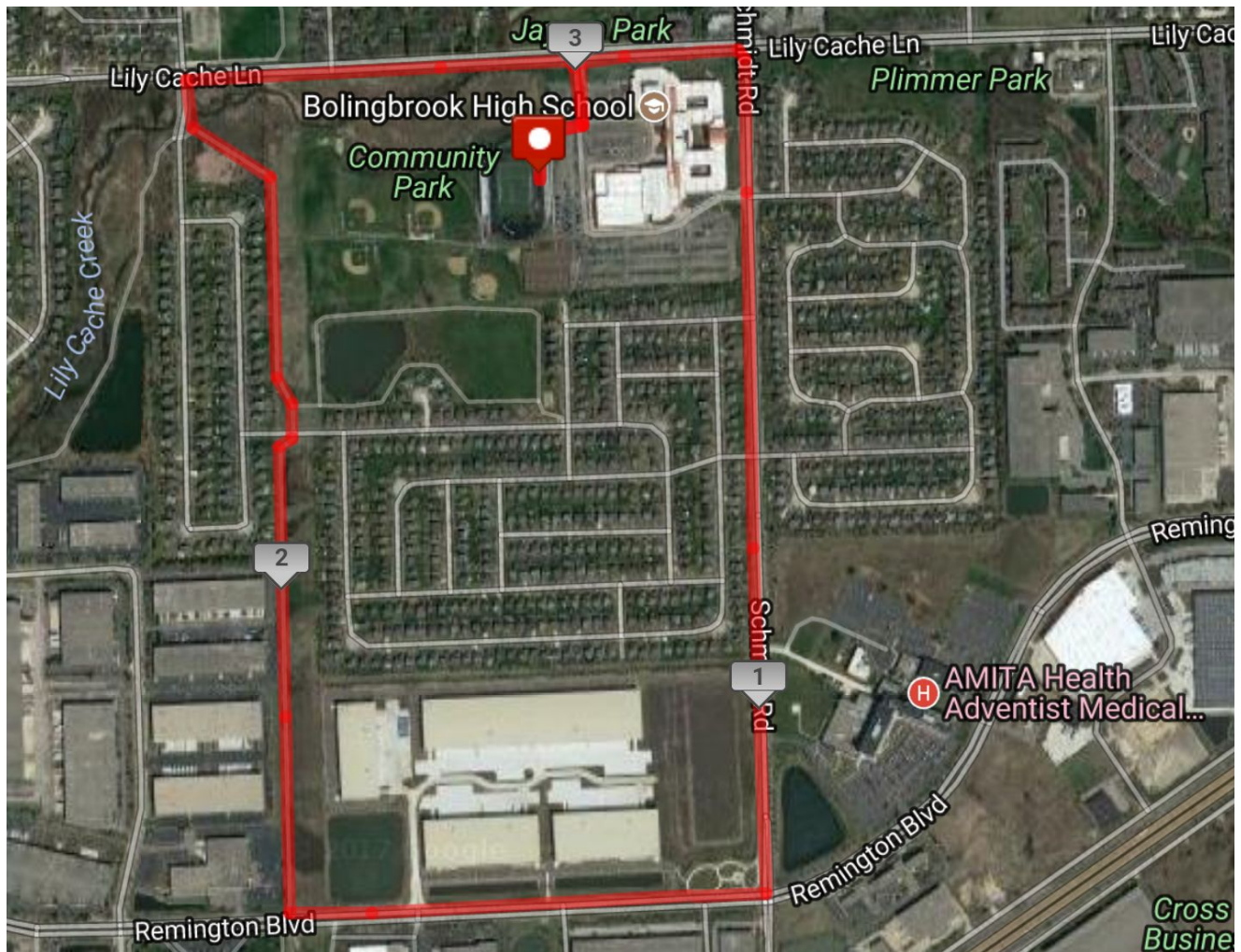
The race is **chip timed!** It's incorporated in each runner's bib. Runners should line up against posted pace signs. Walkers and strollers should line up in the back. Results will be posted during the race and on the website later on to see your exact finish times. Make sure your bib is prominently displayed during the run. Age group winners will be awarded at the race with a limited edition hand-painted mug, courtesy of Team Fox All star Yoko Bradford.

### Race Course -

The course will start out in the track and exit to the BHS parking lot to make our way out to the streets of Bolingbrook and Bolingbrook Park District Paths. The race will finish back in the track. Mile markers will be posted along the route and the Bolingbrook Police Department as well as race course marshals will be on the course to help guide and cheer along the way.

Water/Gatorade stop will be available at the midpoint of the race.

**Note: If you choose to do the 1 mile walk instead of the 5K run/walk, please trade in your chip timed bib for an In honor/memory bib so as to not skew timing results.**

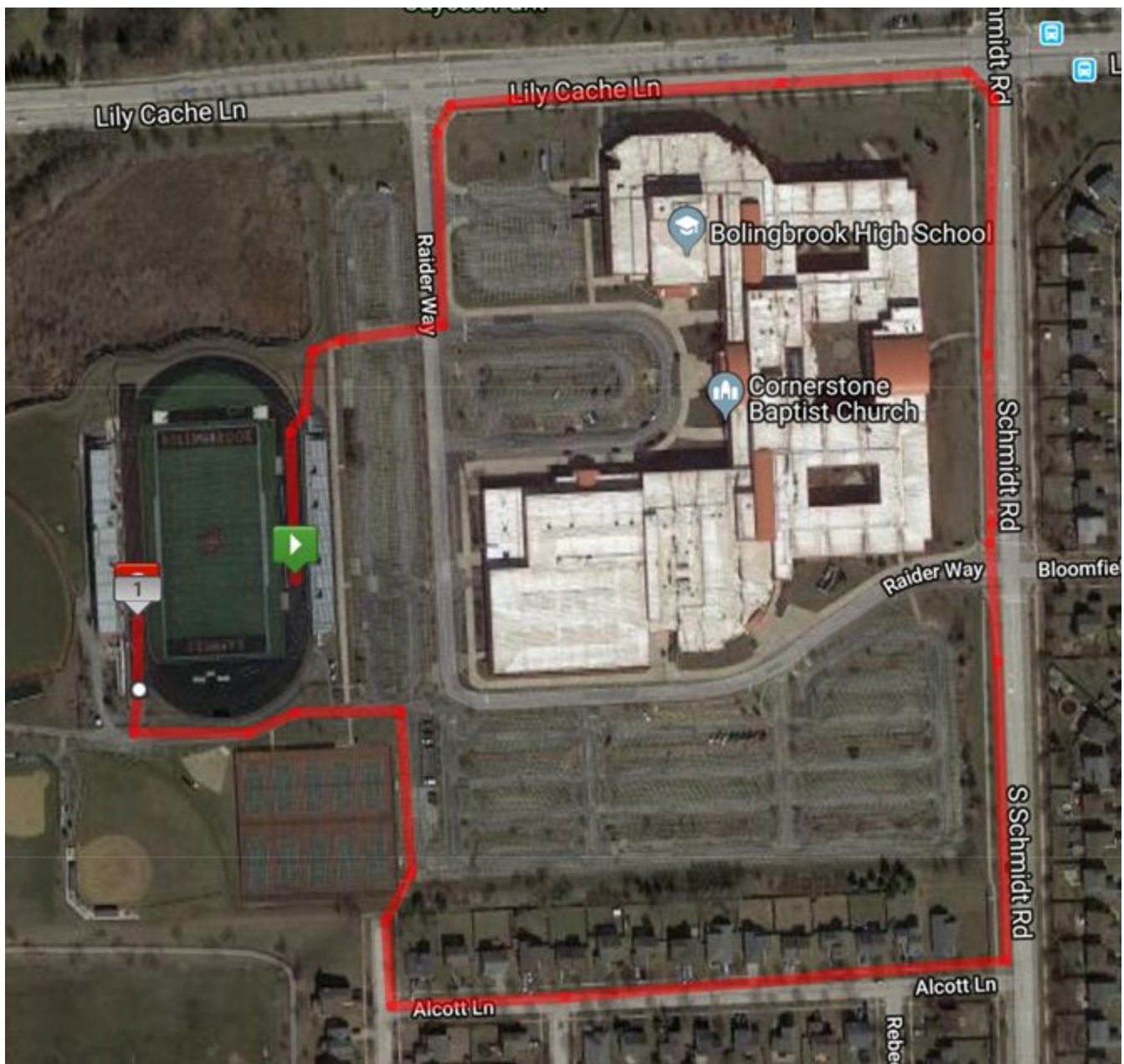


## 1 Mile Honor / Memory Walk

### 1 Mile Honor/Memory Walk - **New Route!**

Participants of the walk will receive a non-chipped bib or "In Honor / Memory of" bib (no chip time). The one (1) mile honor/memory walk will begin shortly after the 5K run/walk start. Walkers will start on the track and will proceed out the track onto the streets of Bolingbrook.

The One Mile walk will turn right at the corner of Alcott and Schmidt lane. There will be another right at Alcott and Wilshire Lane and back up through Bolingbrook High School parking lot and to the track. Course Marshals will be monitoring the course to guide participants. If you change from the 5K route to a 1 mile walk instead, please trade in your bib or notify a course marshal.



## Obstacle Course

### Optional (but encouraged!) Obstacle Course! - Weather Permitting

For those up for the challenge, join Jimmy aka Fox Ninja and take your shot on the American Ninja Warrior inspired course. It is fun and is appropriate for all athletic abilities and ages. All runners with a bib can take one (1) shot at each obstacle on the course including the iconic 14.5 ft warped wall! Adults and Kids can also make a \$10 donation for a wristband that will provide unlimited access to the Obstacle course between 9:30 and 11:00 AM

All participants including runners MUST sign waivers. Waivers are available at packet pickup at Road Runners or on race day by the obstacle course.

Obstacle Course Sponsored by: Lakeshore Fitness.



## KIDS DASH

### Kids Dash with the Fox - FREE!

We will start the kids dash at 9:30 am. All kids are welcome to dash with the Fox. It is approximately the length of a football field in distance. Kids ages 12 and under are welcome. All kids must register first at the Kiddie Academy tent to be included in the race.

Lil Beast Ninjas will be offering a mini sized kids obstacle course for the little ones to try their hand at ninja obstacles too. Parents/Guardians must sign a waiver for kids to participate.

**KIDDIE**   
**ACADEMY.**  
EDUCATIONAL CHILD CARE



