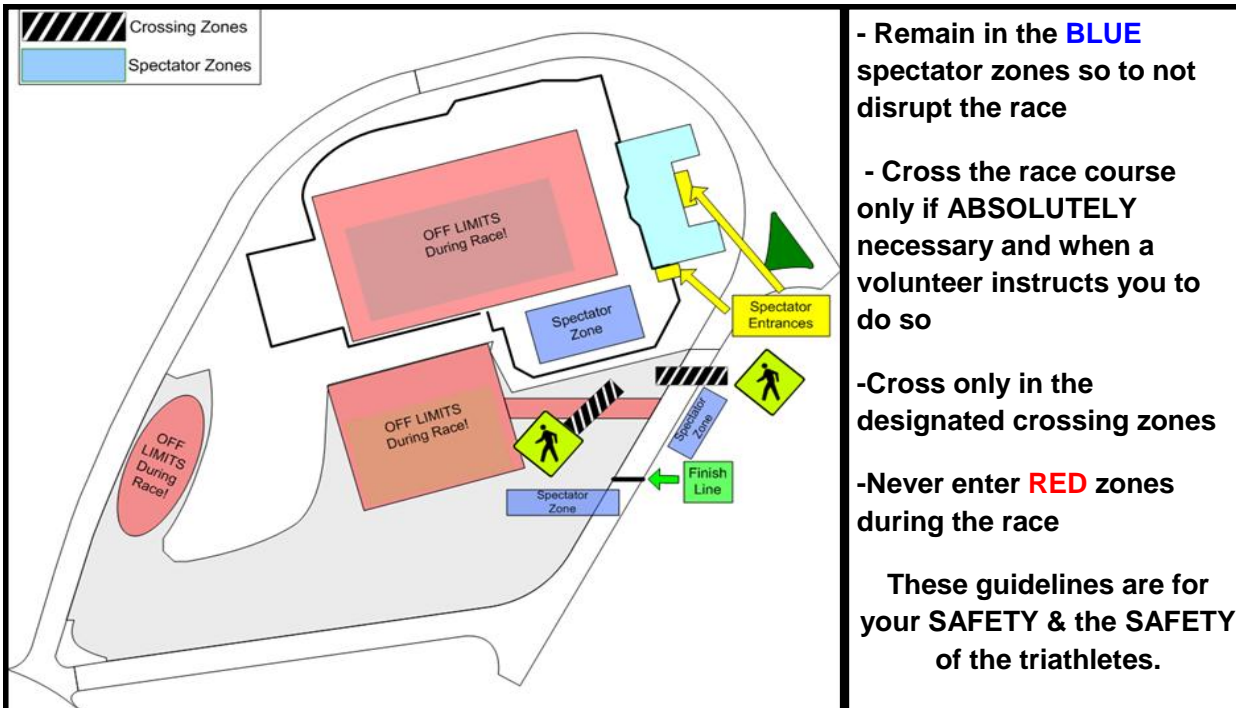
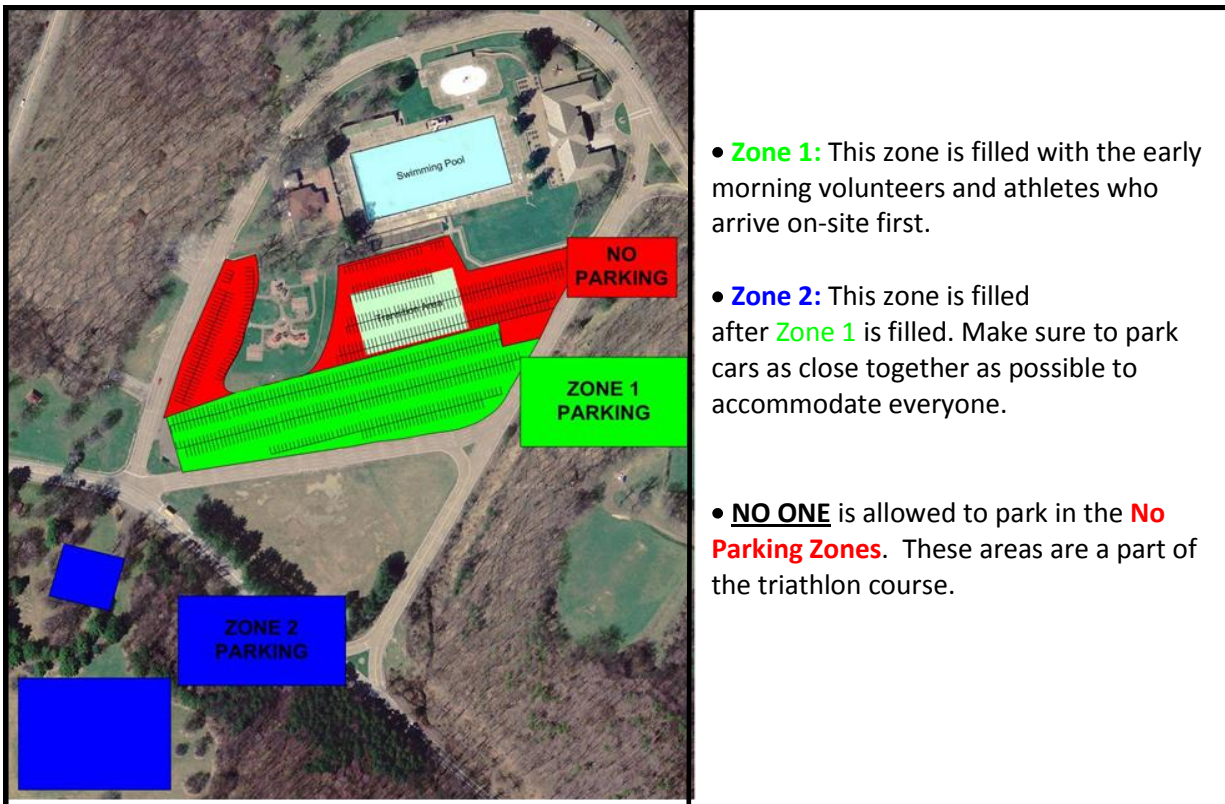


North Park: Spectator Map

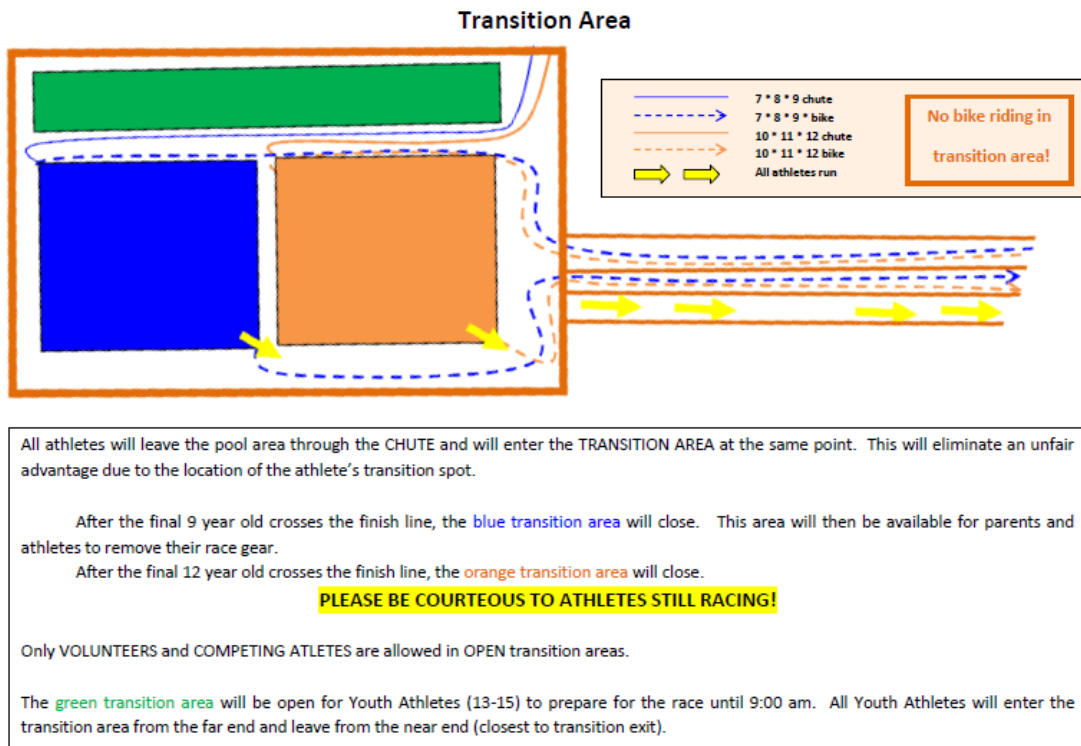


North Park: Parking Map

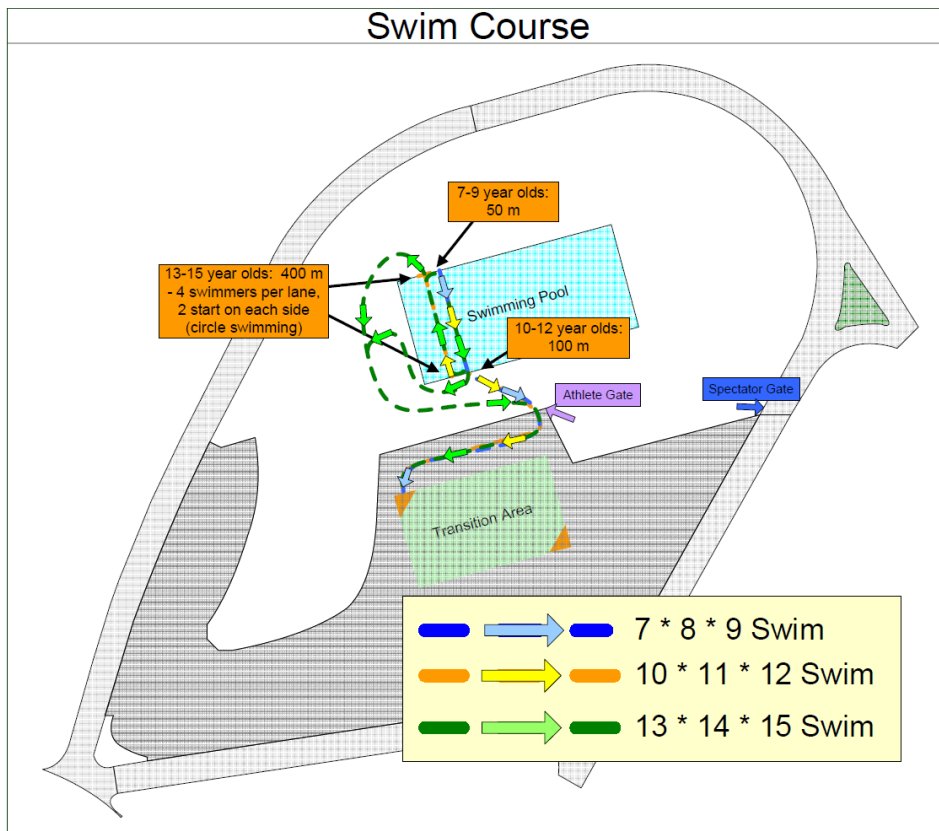


PRE AND POST RACE INSTRUCTIONS

- Registration
 - Registration opens at 7:00 am at the table by the playground. Plan to be there at this time so that your athlete can register and get set up in transition BEFORE the race begins promptly at 8:00am.
 - Pre-race meeting will be at on the swimming pool deck by the pool promptly at 7:45 am.
 - Race Numbers
 - Athletes will be given an identification number from 1-500 (based on the total number of participants registered)
 - Race numbers are used to mark the child's transition spot and will be used to pull prizes for the raffle
 - Athletes will be body marked with their race number only this year. They will be marked on both arms.
 - Children **may not** bring bikes to the Registration Table
- Transition Area (See map below)
 - Participants must place bike around the transition area or in their transition spot **before going to the Registration Table**
 - Volunteers in the transition area will provide the athlete with their race number if pre-registered
 - Race day registrants may leave bikes with a volunteer in the transition area, then get their race number at registration
 - Water bottles are permitted **ONLY** in transition and not on other parts of the course
 - No balloons or streamers are permitted on the bikes
 - Absolutely **NO JEWELRY** is permitted



- Pool (See Map Below)
 - Athletes will go 20 in a heat.
 - Athletes will share a lane with another athlete— please be a good sport.
 - No diving permitted. All athletes will start in the pool.
 - Life guards will be on duty and in the pool for safety.

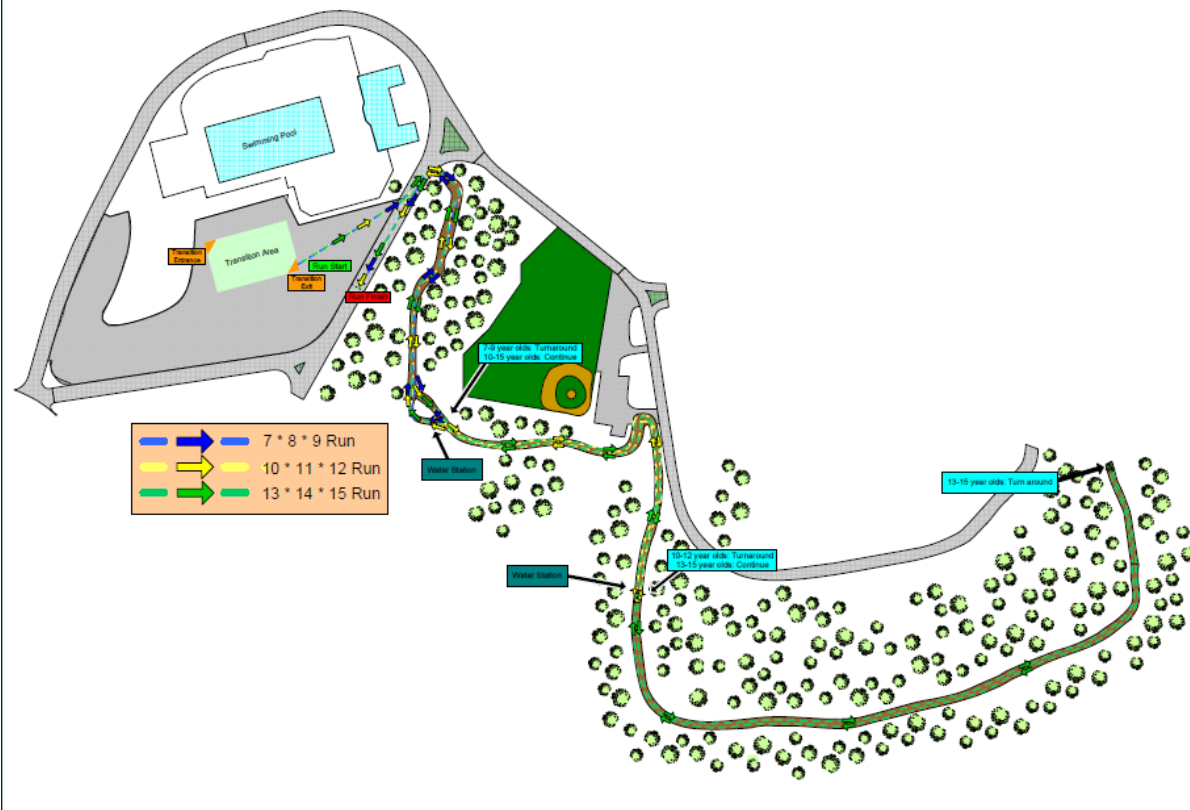


- Bike (See map below)
 - Athletes ages 7-9 will do a 1.5 mile loop of the bike course.
 - Athletes ages 10-12 will do a 2.5 mile loop of the bike course that will include a turnaround.
 - Athletes ages 13-15 years old will do 3 loops on the bike, which will total 7 miles.
 - We strongly encourage all athletes to wear a shirt. This is for your own safety.



- Run Course (See Map Below)
 - Athletes ages 7-9 will do a 0.5 out and back run.
 - Athletes ages 10-12 will do a 1 mile out and back run.
 - Athletes ages 13-15 years old will do a 2 mile out and back run.

Run Course



- Timing chip
 - The timing chip should go on the athlete's left foot.
 - Any lost chip is the responsibility of the athlete/parent.
 - Please stay away from all timing mats prior to the race. Crossing a mat will trip your time and you will not be able to get a final time or place.
- Prize Details
 - Every pre-registered athlete receives a finisher's medal and a race bag with goodies.
 - Top finishers will receive a trophy and a prize.
- Fundraising
 - We have some awesome prizes for our top Habitat for Humanity of Greater Pittsburgh Fundraisers!! The top two fundraisers will receive a great prize!
- Tie-Dying & Cheer Station
 - Please feel free to have your race T-Shirt tie-dyed at the table by the registration tents. Look for the tie-dye team on race day. Please also feel free to visit our Cheer Station prior to or throughout the race, to make a sign to encourage your athlete!
- Race Results
 - Race results can be found at www.runhigh.com (usually night of the race, at latest Sunday morning).