



**Thursday look up your race number or team at fitnesssports.com
Wear race number on outside of running gear, so it is visible.
Results at fitnesssports.com**

Important directions for Living History Farms Race 2019

1. If you are coming from the East or North of the metro please leave Interstate 35-80 at the 86th St. exit on the north side of town. Go south to on 86th St. to Hickman and turn west. You can come into the parking area at the Girl Scout office and save yourself a great deal of time.
2. As you come into the Grounds to park, pay attention to the attendants. They are there for your convenience and have been doing their job for years. Remember, the closer you are to the starting line, the longer it may take you to get away after the race.
3. PIN YOUR BIB NUMBER ON THE FRONT OF YOU. The bib number is your timing chip and provides your time. Don't lose it or forget to wear it. You are welcome to keep it following the race. Do not pin through the chip on the back of the number.
4. There are plenty of first aid and communication people out on the course. If you need them let them know. That's why they are there.
5. Everyone wants to have a good time. Please be courteous and safe.
6. Following the race enjoy the BEEF STEW and refreshments.
7. The Walnut Creek YMCA (948 73rd, Windsor Heights 50324) has offered the use of their showers following the race. You must provide your own locks and towels. Just present your bib number.
8. Look up your number on the Fitness Sports web-site as of Thurs. morning Nov. 21st. Otherwise when you go into the Visitors Center for packet pick-up the number list will be around the corner to the right.
9. Packet pickup is Friday 3 to 8 PM at LHF & starts at 7:30 AM on Sat. morning. Race starts at 9 AM!

Have fun, play fair, don't cheat.