

Read general distance event starter instructions prior to the event.

Show up at least one hour prior to run start. 9 AM.

### Thank you

IAS and named IAS representative

Friends and named Friends representative

Someone else associated with the event

### Explain course

The course is marked with chalk on the ground and flagging tape. There are marshals at key points.

- indicate the start line
- it's two loops on principal trails
  - Pipeline trail,  
down to the river on far trail,  
up from the river on middle trail  
return on trolley track trail
- second loop passes by this start area
- water stop is just in front of you, at beginning of second loop
- finish line is behind you

**Finish procedure:** at the finish, you will receive a numbered card. Proceed immediately to the scoring table, by registration, complete the card and turn it in.

**Caution:** This is a cross-country course. There ground is uneven, there are ruts, rocks, and roots, so be careful out there.

Please, no headphones, pets, or strollers. This is for the safety of all involved.

### PAC Acknowledgement:

- This event is produced by Princeton Athletic Club.
- It is a volunteer effort, and we invite you to join our club and help at a future event.
- The next event is ...

And of course ... have fun!

**THE START.** There are two commands, "runners set" and then the horn.

Timers ready? On POSITIVE acknowledgment, "runners set," pause for stillness, blow horn.

Note: if horn should fail, have a whistle ready, reset, and instruct that the whistle will be used.

### For separate walk and run start,

- Walk starts 10 minutes ahead.
- Use similar script and procedure for both starts.
- For the walk start, timers start simple stopwatches.
- For the run start, timers STOP simple stopwatches and start printing watches and other timing devices.
- Report stopped time to scoring table as walk start differential.
- Scoring table resolves walker's times, NOT the finish crew.