

Bone Bash Dash

October 3, 2015

9:00am

Important Information

Race day registration will be from 8:00am - 8:45am 10/3/2015

Race participants and spectators please arrive no later than 8:45. The intersection at Passmore Rd/Avenue of the Nations will be blocked for a short period of time for the safety of runners.

Location

985 Avenue of the Nations, Rock Hill, SC 29730. There will be signs that a Catawba Indian Nation Event will be going on.

Medical Assistance

First aid station will be located at the Catawba Senior Center

On the Race Course

One (1) mile. The turnaround for the half mile mark is at the intersection of Avenue of the Nations and Passmore Road. The road will be blocked and manned. At this location will be a water station and trashcan.

This is a slightly hilly course. Keep a good pace whether you are walking or running. Remember this is a fun run(walk)!

Weather

Come rain or shine we will run! You may get wet, but you won't melt! In the event of significant weather the event staff will make the call. If the

race is cancelled a new date will be set and posted soon. Should you have questions regarding this please call 803-280-2545 or 803-415-4152

Spectator

Do not sit or park that could hinder a race participant. There is a grassy section beside the Catawba Senior building and areas along the paved trail for spectators.

Parking

All race participants and spectators park at the Longhouse parking lot. Senior Center parking lot will be blocked for the event and event staff only

Other

Restrooms will be open at the Senior Center building. Coffee and water will also be at the Senior Center building

Wear your purple in honor of Domestic Violence Awareness Month. Put on your purple socks, tutu, headband, hat, face paint or whatever you have that's purple.

Tips

Stretch before and after a race

To be prepared for rain-

- *Bring a poncho, rain jacket or even a garbage bag (many runners have used this method before so don't be worried about wearing one). We may have ponchos available as a first come first serve basis if you need one.*
- *If you wear a lot of clothing and you get wet, remember those clothes will weigh heavily on you. Don't overdress, dress for the temperature.*
- *Wear a hat with a brim*
- *You may want to bring a change of dry clothes and towel to change into after you run.*