

Hey, Runner!

We're excited to see you tomorrow! Below are some important details of our race, please be sure to cover them all prior to your arrival tomorrow.

- **Packet pickup** is Monday, July 23, 2018 (today!) from 4-8pm, outside the East Entrance at the Cottonwood Heights Recreation Center (7500 S. 2700 E., CWH, UT 84121). Here you'll only receive your bibs, pins and shirts; please refer back to this email for all race details and maps.
- If you can't make it today, don't panic! We'll be back in the same location tomorrow morning from 6 to 6:50am to help you get your stuff.
- If you know of anyone still thinking about it, make sure they know registration closes tonight at 6pm and is [online only](#). Additionally, there are NO DAY-OF REGISTRATIONS.
- **If you didn't run with us last year or otherwise are unfamiliar with the area, be sure to check out the [RUNNER'S MAP](#).** Race starts in the east parking lot of CHRC, next to the outdoor pool. Please check out the [PARKING MAP](#) on where to park and plan accordingly.
- **Race will begin at 7:00 am (east parking lot).** We recommend being here by 6:45am.
- Dogs and strollers are welcome to join you, but we'll ask you to lineup in the back of the other runners at the starting line. Make sure they're on a leash and please pick up after them, if necessary. *Your dogs, we mean... although that might apply to some kids?* Moving on.
- If you are a slow runner or plan on walking, please also plan to start near the back of the line.
- **Although most intersections are controlled by police or volunteers, please be aware of cars at all times as this course is still open to traffic.**
- **Be aware of the narrow cat-walk as you approach Bywater Park. We'll have signs as reminders, but please be aware of and courteous of other runners as you funnel through into the park.**
- **Route is marked both with arrows on the roads at all intersections and with lawn signs at applicable points.**
- After finishing, please be cautious when crossing 2700 E back to CHRC for refreshments and awards.
- Awards will happen at the pool deck starting around 7:45 am. Medals will be awarded to the overall male and female adult winners, with medals also provided to 1st-3rd place in each age division for males and females, respectively.

Refreshments are provided by [Trader Joe's](#), we'll also have [Nothing Bundt Cakes](#) on site to hand out some free samples! [Revive Sport and Spine](#) will additionally be around for free race consults, both before and after the race.

We're excited to announce our newest sponsor to the RunCottonwoodHeights race series, [PACKRUN Coaching](#). Can't help you out much for this one, but if you need any pointers for any future races (say, [the Thanksgiving Day 5k](#)), check out PACKRUN, a Cottonwood Heights-based running program.

Thank you for your participation in the Butlerville Days 5k! Remember that this race is part of the much larger Butlerville Days celebration, continuing on through Tuesday night at Butler Park (same address as CHRC) with food vendors, entertainment, and fireworks to boot!

BVDays.com for full event details.



PR in the 5k?
Compete on the track?
Run a marathon?



What goals would
you set if you had a
coach to help you
achieve them?

PACKRUNCOACHING.COM

