

Run or walk the best 10K & 5K courses in the Twin Cities for a cure to Muscular Dystrophy!



august 19th, 2017  
lake calhoun • minneapolis, mn

EVENT SCHEDULE		TELL YOUR FRIENDS!
7:00AM	Vendor Check in & Same Day Race Registration Opens	Registration Open Online through Aug. 18 <sup>th</sup> : <a href="https://www.athlinks.com/event/2017-rock-the-pavement-197751">https://www.athlinks.com/event/2017-rock-the-pavement-197751</a> <a href="http://www.gregmarzolfjr.org">www.gregmarzolfjr.org</a>
8:10 AM	10K Run	
8:20 AM	5K Run/Walk	
9:30 AM	Kids Fun Run	

## THANK YOU!

We are so grateful for all of you sharing your Saturday morning with us to make a difference for individuals with Muscular Dystrophy. This event has been put together to raise awareness and funds to help find a cure for Muscular Dystrophy. Thank you for your participation and support of this cause!

## FRIDAY BIB AND SHIRT PICK-UP

You can pick up your race bib and shirt on Friday, August 18<sup>th</sup> from 10:00AM-7:00PM at Marathon Sports/Fleet Feet Sports located at 2312 W 50<sup>th</sup> Street, Minneapolis, MN 55410.

## ON RACE DAY...

**LOOK FOR THE TENTS** (Lake Calhoun Executive Center, northwest corner of the Lake)

The Registration Tents will be set up near the Finish Line. You will need to report there to pick up your race bib if you did not pick it up on Friday. You can also pick up your shirt here.

## 10K RUN, 5K RUN/WALK & THE KIDS RUN

The 10K and 5K Run are chip-timed and travel counter-clockwise around the lake on Calhoun Parkway and Lake Street. See attached map for race routes and start and finish lines for the 5k and 10k. The Kids Run will be .25 miles and will start close to the 10k start line and run north to the finish line.

## RUNNING RULES & OTHER COURTESIES

Wheel chairs are welcome. Strollers are permitted (walking and running) as long as you are considerate to others on the course. Rollerblades are not permitted. Non-competitive runners and walkers should line up towards the back of the start to allow room for our competitive racers in the front.

## LOCATION & PARKING

3033 Excelsior Blvd, Minneapolis, MN 55416 (Put this address in Google maps). Calhoun Parkway will be closing between 7 -7:15AM. Plan on arriving early. You can also park somewhere in the neighborhoods around the lake.

## FOOD & DRINK

Our sponsors have donated some great food. Bottled water will be available in the food tent as you finish your event. There will also be a water station along the course and at the finish line.

## SAME DAY REGISTRATIONS

Same Day Registration is open from 7:00AM to 8:45AM. The 10K event is \$50 and the 5K is \$45. Kids Run remains \$15. (Cash, Visa/MC/AMEX/Discover accepted). Shirts are available on a first come basis as supplies last.

## RACE VILLAGE, MASCOTS!

Check out our sponsor booths in our race village around the Start/Finish line. All race participants receive a tri-blend T-shirt and can meet local celebrity mascots.