

2009 Sourwood 5K and Cheshire Pump & Run

SCHEDULE

THURSDAY

Midnight On-line registration closes.

FRIDAY

5:00 – 7:00pm **Packet Pick Up and On-site Registration @**
Cheshire Fitness Club. We recommend those not
pre-registered to do so today vs. Saturday morning.

SATURDAY

6:45 – 8:00am **Packet Pick Up and On-site Registration @** Cheshire Fitness Club

6:45am **START: Pump** portion of “Pump & Run” – All pumpers should be on-site and
ready to go no later than 7:00am

8:20am **Pre-race briefing** near Finish Line (the parking lot of the medical building)

8:30am **START: Sourwood 5K**

8:47:07am 2009 Men’s Champion Expected (Approx – based on 2008 results)

8:48:43am 2009 Women’s Champion Expected (Approx – based on 2008 results)

9:30am Approximate start of Awards Ceremony

9:00am – 9:00pm **32nd Annual Sourwood Festival** – downtown Black Mountain

SUNDAY

9:00am – 6:00pm **32nd Annual Sourwood Festival** – downtown Black Mountain

LOGISTICS

PARKING The primary parking area is in the field below the medical building. Please follow instructions of volunteer parking staff and signage. Please car pool – space is limited. Please do not park in lot above the Cheshire Fitness Club. It is reserved for Club members using the gym. Do not park on the road – Hwy 9 – this is the the START line.

RESTROOMS The Cheshire Fitness Club has full service locker rooms and are the only restrooms available on-site. Please plan your pre-race relief accordingly.

AID STATIONS There are two Aid Stations on the course. One at the 1 Mile mark and one approx. mile 2.2. They will offer water and Gatorade only. No litter please.

TRAFFIC SAFETY Traffic on the course will be monitored by the Black Mountain Police Department. The roads are not, however, closed. Please use all appropriate caution. Unless instructed to do so – please STAY LEFT at all times while running.

