

Feet for Heat 5K & 1 mile



green arrows-5K starting route/red arrows-5K finishing route/blue arrows-1mile route)

*Runners will pass by posts 1-7 twice (starting & finishing the race)
Posts 1, 2, 3, 12 & 13 will see participants from 5K & 1 mile*

*Runners will only pass by posts 8-13 once
Only 1 milers will pass posts 15 & 16*

Post	Position	Directions for Volunteers
1	E Main St. & S 1 st . St.	Runners will pass by twice (start & finish)
2	E Main St & S. Pendleton St	Runners will pass by twice (start & finish (EPD Officer)
3	E Main & Bradley Ave.	Runners will continue straight- walkers will turn right on Bradley (runners will pass by twice-start & finish)
4	E Main & South B (light before Marion Davis)	(runners will pass by twice-start & finish) Stop traffic as needed – runners stay straight
5	E Main & S. C St. (The Huddle)	(Runners will pass by twice-start & finish) Starting the race, runners will loop in front of the Huddle then turn a sharp right onto E 1 st Ave. Finishing, they will loop in front of the Huddle then turn a sharp left onto E Main St. (watch for cars coming in & out of Huddle)
6	S. C St. & E 1 st Ave (halfway between posts 4 & 6)	(Runners will pass by twice-start & finish) Stand in the middle of E 1 st Ave & stop traffic as needed. Starting the race, runners cross the street & continue straight on E. 1 st Ave. Finishing, they will cross the street and take a left at S. C St (The Huddle).
7	E. 1 st & South B	4 way stop-stop traffic as needed- runners will pass by this post twice (start & finish) (Starting the race, runners will turn left onto South B. Finishing, they will continue straight on E 1 st . Ave.)
8	South B St (in front of East End Elementary)	Encourage runners up the hill
9	South B & E 3 rd	Sharp right turn in front of the Farmacy (watch for traffic)
10	E 3 rd & St. Lo Cir	Runners stay straight
10	E. 2 nd & Russell	Runners veer right onto Russell St.
11	Russell & Gamble	Runners stay straight-Encourage them up the hill
12	Russell & E 1 st	Walkers AND runners will pass by. Runners veer right onto E 1 st & cross the street to the sidewalk Walkers will pass by your post heading straight on E 1 st . Ave.
13	Bradley & E 1 st	Walkers AND runners will pass by. Runners stay straight on E 1 st Ave, but walkers turn right onto E 1 st Ave. coming from Bradley Street.
14	Main & South 2 nd	Make sure runners turn left & head to finish line
15	E 1 st Ave & S Pendleton St	Walkers only route- stop traffic as needed for walkers to cross at the light
16	W 1 st Ave	Walkers will turn right onto S 1 st St toward the finish line