

Emily's Run—What You Need To Know!

Race Day

Sunday, July 21, 2019.

Time

Race starts at 8:30am

Race Day Registration Area

Edward Little High School track, 77 Harris Street, Auburn

Starting Location

The Starting Line is on Auburn Heights near the tennis courts. Be sure you pass over the starting mat at the start of the race.

Finish Line

The Finish Line is on the Edward Little High School track.

Course

[Download Map](#)

Course Safety

While every effort is made to close roads to minimize traffic during the race, roads remain open to vehicles. Participants must be mindful of traffic and use caution during the race. Walkers are encouraged to use sidewalks whenever possible. This is a safer alternative for participants.

Age Groups

Race Age for Age Groups for all races and the Triple Crown is determined by how old you will be on December 31, 2019.

Parking

Parking is available at Edward Little High School, 77 Harris Street, Auburn.

Bib and Shirt Pick Up

Bib and shirt pick up is available Saturday, July 20th from 4:30pm to 6:30pm at Lost Valley Ski Resort, 200 Lost Valley Rd, Auburn, ME 04210. Pre-registered runners may also pick up their bib & shirt on Race Day from 7:00am to 8:15am.

You can also pick up a friends bib and shirt!

Race Day Registration

Race Day Registration is available from 7:00am to 8:00am on ELHS Track. The races start on time.

Teams

If you are participating as a member of a team, please stop by the TEAM Table to review your team entrants prior to race start.

Race Day Questions?

Go to the Registration Tables on ELHS Track.

Corrals/Pace Groups

There are no assigned corrals or pace groups. Please seed yourself according to your expected pace: 6-8 Min Milers front of the pack; 8-10 Min Milers Mid Pack; 11-13 Min Milers & strollers in the back of the pack please.

Hydration

Water will be available at the 1.5 mile mark on the race course. Water will be provided at the finish line.

Post Race Replenishment

Pizza, assorted fruits, coffee, bagels, and muffins are available to race participants. Water will be provided to all finishers.

Kids Fun Run

Kids Fun Run Start time is 8:00am after the National Anthem. All children are eligible to participate whether they run, walk, skip, or are strolled through the course. Arrive early on race day and locate the Kids' Fun Run table to register your child for participation. Children may also register for the Kids' Fun Runs at the Packet Pickup events.

Awards Ceremony

The Award Ceremony will take place at 9:30am on ELHS Track.

Strollers

Strollers are allowed but must start in back of the pack and remain behind runners. Please no weaving in and out of the pack!

Dogs

We can't allow dogs on the course except for Service Dogs.

Bandits (Runners with no bib)

Unregistered Runners are not welcome and will be asked to leave the event.

Can't Run?

No race day bib transfers or deferrals are allowed but we would love to have you as a volunteer.

Please wear Your Bib Properly

Pin your bib to an outer garment so that it is front-facing. The timing chip is affixed to your bib so please do not wrinkle or modify your bib.

For more information

<https://www.triplecrown5k.com>