

BCB ETIQUETTE

- Walkers please yield to runners - slower paced athletes please stay to the right
- For your safety, please be conscious of the fact you are on a roadway
- Road marshals will be wearing safety vests and will direct you
- NO pets are allowed on the course or at Griffiths Stadium
- NO babysitting services. We are not able to provide babysitting services for children. Please be advised that your children should not be left unattended.
- Please listen carefully to the announcer in the hour leading up to the start time. There may be last minute changes that need to be communicated.
- The turf at Griffiths Stadium is off limits to spectators
- Please DO NOT hang around the start line until we call you. We will be lining people up in order of event in separate lanes. 10k runners, 10k walkers, 5k runners, 5k walkers, 2k runners, 2k walkers, wheelchairs and strollers. Remember, the back of the pack is a great place to start
- DO NOT cross the timing mat before the race starts
- When lining up please be considerate of others
- Plan your bathroom trips in advance. There may be large line-ups before the race
- Spectators, please DO NOT run along with registered participants. This is not fair to those who registered
- Your race bib must be worn on the front
- If you are in a team or group, please be considerate of the people behind you who may be trying to pass and move aside for them
- If you are attempting to pass a slower participant, please call out "passing on your left/right"
- Please thank the volunteers along the route
- Please DO NOT stop suddenly along the route. If you need to slow down or stop along the route, move over to the side first
- When getting close to a water station, please be courteous to others around you, DO NOT suddenly cut in front of someone
- When you are leaving a water station, please toss your cup to the side of the road where people won't trip on it
- There are porta-potties along the routes for your bathroom needs
- Always obey directions from police officers and road marshals
- Please follow the directions of the marshals at the finish line
- If you feel ill or faint, let a marshal know immediately so they can guide you to a medical tent
- DO NOT stop suddenly at the finish line, keep moving and follow the directions of the marshals
- DO smile as you cross the finish line, there will be photographers taking pictures



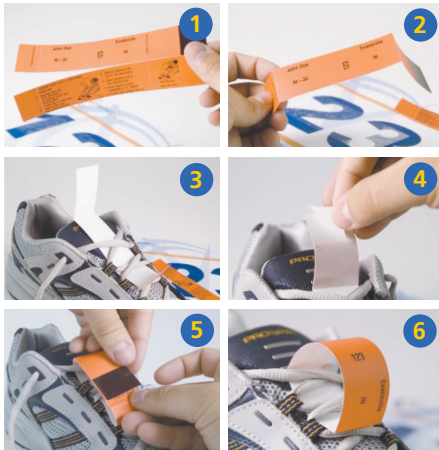
Information Package

The StarPhoenix Bridge City BOOGIE 3

RACE RULES & BCB POLICIES

- The only form of locomotion allowed is walking, running and boogying. Wheelchair participants must power themselves.
- Wheelchairs being pushed and people with strollers must line up at the back of the pack.
- NO other form of vehicle is allowed. No skateboards, bikes, rollerblades, Nordic poles, etc. will be allowed for everyone's safety.
- Escort runners are only allowed in the 2k event.
- Participants must follow marked course. Deviating from the course will result in disqualification.
- The course closes at 11:30am. After 11:30am there will be no support for participants including road closures, medical aid, water stations etc.
- All participants are expected to follow the directions of the officials and public authorities.
- There will be no refunds under any circumstances, including weather, cancellations or medical reasons. Fees are not deferrable to another year.
- The Bridge City Boogie is not responsible for sending out information to incomplete or changed addresses.
- No pets allowed on the course or in Griffiths Stadium.
- No babysitting service - we are not able to provide babysitting services for children. Please be advised that your children should not be left unattended.
- Be sure to have fun!

HOW TO ATTACH YOUR RACE TIMING TAG



Remove shoe tag and directions from bib.

- 1 Separate shoe tag from directions by folding at perforation and tearing apart.
- 2 Crease tag on fold lines.
- 3 Insert under lace face down.
- 4 Remove adhesive tab (located on backside of marked black area).
- 5 Attach adhesive tab to non-adhesive tab. Press together firmly forming a "D" shape.
- 6 Position tag number side up.



INSTRUCTIONS & TIPS

Start times

Warm Up	8:30 am
Start Time	9:00am SHARP

Parking - available at the Field House parking lot (free) and until 8 a.m. at the Parkade (\$3.00). All participant drop-off and pick-ups will be at the north end of the walking overpass by the PAC, on the U of S campus. Come early to avoid road closures.

Bib - your numbered bib comes with safety pins. The bib must be attached to the **FRONT** of your shirt.

Gear check - located under the stands. You can leave your belongings there and retrieve them after the event. This is a secured area.

Entrance & Exit - watch for signs.

Warm Up - get ready to Boogie at 8:30 am.

Water Stations - there are 3 water stations along the 10k route. 1 water station along the 5k route. Food and beverage tent located at Griffiths for the participants.

Package Pick-up and Fitness Fair - to be held at the Marion M. Graham Collegiate (602 Lenore Drive.) on Saturday, June 13 from 10am - 3pm. Team captains must pick up their team's packages on Thursday, June 11 from 5pm - 8pm. All registered participants must pick up their race packages and t-shirts during the fitness fair. There will be **NO** package pick-up or registration on Sunday, June 14.

Road Marshals - there are several volunteer road marshals along the course. They are doing their best to keep everyone safe. Please heed to their direction and thank them for a job well done.

Leave your pets at home - pets are not allowed on the course or at Griffiths Stadium.

No Babysitting Service - we are not able to provide babysitting services for children. Please be advised that your children should not be left unattended.