



FUMC West Campus  
867 W Hwy 40  
Lawrence KS 66049

## ***Additional Details and Basic Info***

### **What 5K runners should know:**

- Not your average 5K - it is a ***cross-country style course***. Expect uneven footing in places, and it is not a good surface for jogging strollers. However, the 5K route is not a treacherous “trail” run and is safe for most runners of all ages.
- Course includes mowed trails through meadows, including a portion of the Oregon-California Trail, and the Wesley Nature Trail (asphalt and gravel). Open for inspection and warmups at 7:00 am day of race.
- Very spectator/fan friendly – lots of viewing points.
- Gun start with chip timing. Runners will start en mass from an arced starting line funneling to the course trail.
- Sorry, no dogs in the 5K, and the surface is not suitable for jogging strollers.

### **Registered 5K Participants will receive**

- Free t-shirt!
- \$10 Gift Certificate for shoes at Ad Astra Running!
- First 80 Registrants will receive a ***Westward Ho!*** logo-emblazoned Cowbell!

**Additional t-shirts** may be purchased on the race registration site

### **Inclement weather plans**

- Rain or shine the Race will not be canceled, unless extreme conditions make it unsafe.
- Everything *except the Runs* will be moved indoors, if conditions dictate.
- The course may be altered if conditions dictate.

### **Concessions and amenities**

- Coffee (free by J&S), hot chocolate, donuts and snacks, soft drinks and water
- Refueling station for 5K runners at finish
- Restrooms and warming areas inside Celebration Center

### **Schedule**

Friday, April 3

4:00-7:00 pm Early packet pickup at Ad Astra Running, Lawrence

Saturday, April 4

7:00-8:30 am Raceday packet pick up and registration

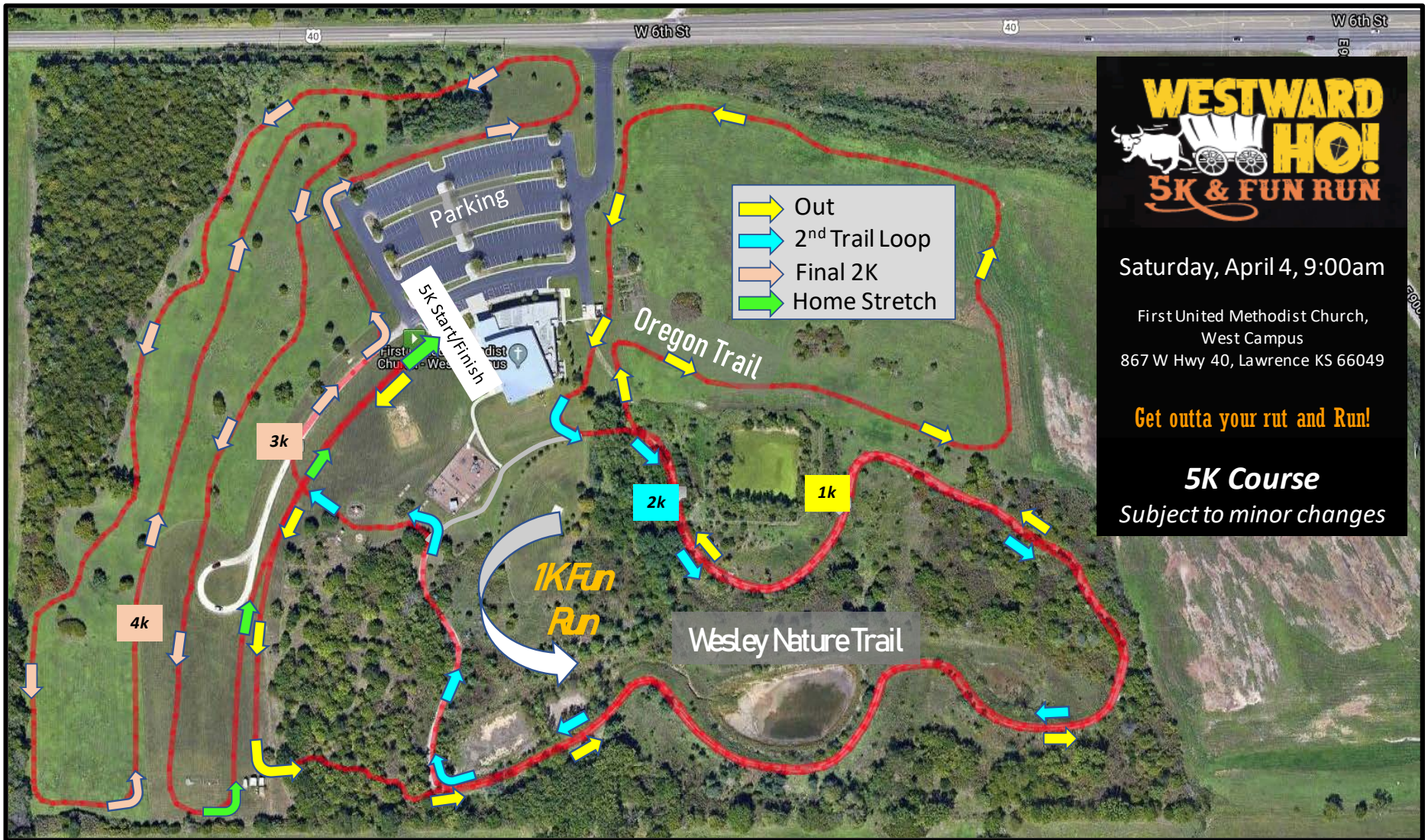
7:00-8:45 am Course open for inspection and warmups

8:45 am Pre-race meeting

9:00 am 5K race start - gun (mass) start with starting arc and funnel

10:15 am 5K awards

10:30 am 1K fun run start



**WESTWARD HO!**  
  
**5K & FUN RUN**

Saturday, April 4, 9:00am

First United Methodist Church,  
 West Campus  
 867 W Hwy 40, Lawrence KS 66049

**Get outta your rut and Run!**

**5K Course**  
*Subject to minor changes*

**Westward Ho! Course Map.** 5K route is in red, with each Km labeled. 1K Fun Run is one loop of the Wesley Nature Trail.