



LA COURSE 5K Run/Walk - Overview and Guidelines

We are excited to host the inaugural LA COURSE, a 5 km event welcoming both runners and walkers of all ages. Our goal is to foster community spirit and promote physical activity through a fun and festive event. This event reflects our core values of friendliness, respect, and collective well-being. We hope it becomes a staple event for our school and the larger community. Enjoy the race!

Race Details

1. Race Format:

- **Adult Race (13 years and older):**
 - **Distance:** 5 km
 - **Categories:** 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
- **Children's Race (under 13 years old):**
 - **Distance:** 1 mile
 - **Categories:** <5, 6-9, 10-12 (No timing for children's race)

2. Schedule:

- **Adult Race - Start Time:** Sunday, October 6, 2024, at 9:00 AM
- **Children's Race - Start Time:** Sunday, October 6, 2024, at 10:30 AM

3. Technical Information:

- **Course Maps:** Available on our website [here](#). Review the maps to familiarize yourself with the route, and start/finish locations.
- **Parking:** There is no reserved parking at the start/finish area (Carousel). Parking spaces are open to all park visitors. Please arrive early.
- **Timing:** Your bib includes an electronic chip for timing (no timing for children's race). Ensure your bib is visible on the front of your shirt.

4. Safety Rules:

- **Follow Instructions:** Adhere to directions from volunteers and security personnel.

- **Stay on Course:** Remain on the marked course to avoid accidents and confusion.
- **Warm-up:** Warm up before the race to prevent injuries.
- **Hydration:** Bring a water bottle or hydration method. Drink water before and after the race.
- **Headphones:** Keep the volume low if using headphones to stay aware of your surroundings.
- **Report Issues:** Inform a volunteer or staff member if you encounter any problems. Identified staff members will be available on the course.
- **Watch the Terrain:** Be cautious of uneven surfaces and potential obstacles.
- **Abide by the usual general precautions for tick prevention,** such as avoiding wooded and brushy areas with high grass and leaf litter, walking in the center of race roads, using repellent, and checking for ticks after the race.
- **Respect Others:** Be courteous and share the course with other participants.
- **Appropriate Gear:** Wear suitable clothing and running shoes for the weather.

Additional Guidelines for Children's Race:

- **Supervision:** Children must be accompanied by an adult before and after the race.
- **Stay on Course:** Ensure children stay on the marked course.
- **Hydration:** Make sure children drink water before and after the race.
- **Warm-up:** Encourage children to warm up to avoid injuries.
- **Finish Line:** Inform children that a supervising adult will be waiting for them at the finish line.

5. Additional Instructions:

- **Weather Conditions:** Follow the organizers' instructions in case of extreme weather.
- **Emergency Number:** Participants should be aware of the emergency contact number. The dedicated **La Course 5K emergency contact number is (401) 439-4700**. First responders will be on-site for participants.

6. Environmental Responsibility:

- **Waste Sorting:** Use the designated recycling and non-recycling bins placed along the course. Help keep the area clean and set an example of environmental responsibility.

7. Participation Conditions:

- **Registration:** Open until September 29, 2024, at 12:00 AM.
- **Bib Collection:**
 - Pick up your bib at the French American School of Rhode Island, 75 John Street, Providence, RI 02906 on Friday, October 4, 2024 between 3:15 PM and 5:30 PM.
 - Pick up your bib at the race start/finish location (Carousel) between 8:00 AM and 8:45 AM on race day.
- **Arrival Time:** Arrive at least 30 minutes before your race start time.

