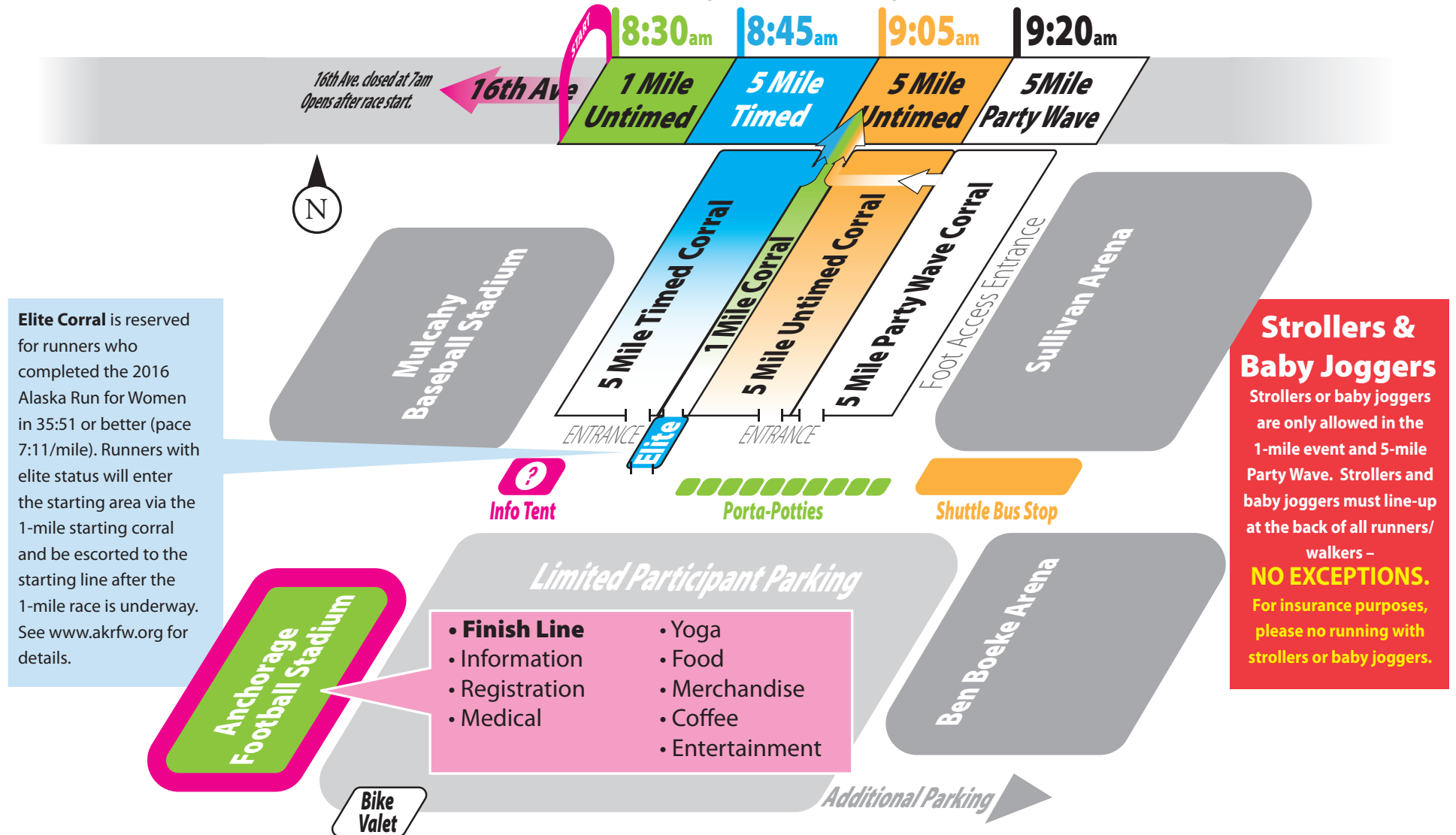


Alaska Run For Women Starting Area Layout

START TIMES



Elite Corral is reserved for runners who completed the 2016 Alaska Run for Women in 35:51 or better (pace 7:11/mile). Runners with elite status will enter the starting area via the 1-mile starting corral and be escorted to the starting line after the 1-mile race is underway. See www.akrfw.org for details.

Strollers & Baby Joggers
Strollers or baby joggers are only allowed in the 1-mile event and 5-mile Party Wave. Strollers and baby joggers must line-up at the back of all runners/walkers – **NO EXCEPTIONS.** For insurance purposes, please no running with strollers or baby joggers.

Wave starts for each event category.

Staging will begin at 8 a.m. for all events.

It is the participant's responsibility to be in their identified start corral 30+ minutes prior to start time.

Bib Color

Participant bib colors will match the start corral colors above. Look for colored flags on event day for your start area. Volunteers will direct participants to the correct start area and to the start line.

	Start Time	In Corral by
1-Mile Untimed	8:30am	8:00am
5-mile Timed	8:45am	8:15am
5-mile Untimed	9:05am	8:35am
5-mile Party Wave	9:20am	8:50am