Alaska Run for Women Start Area on UAA Campus

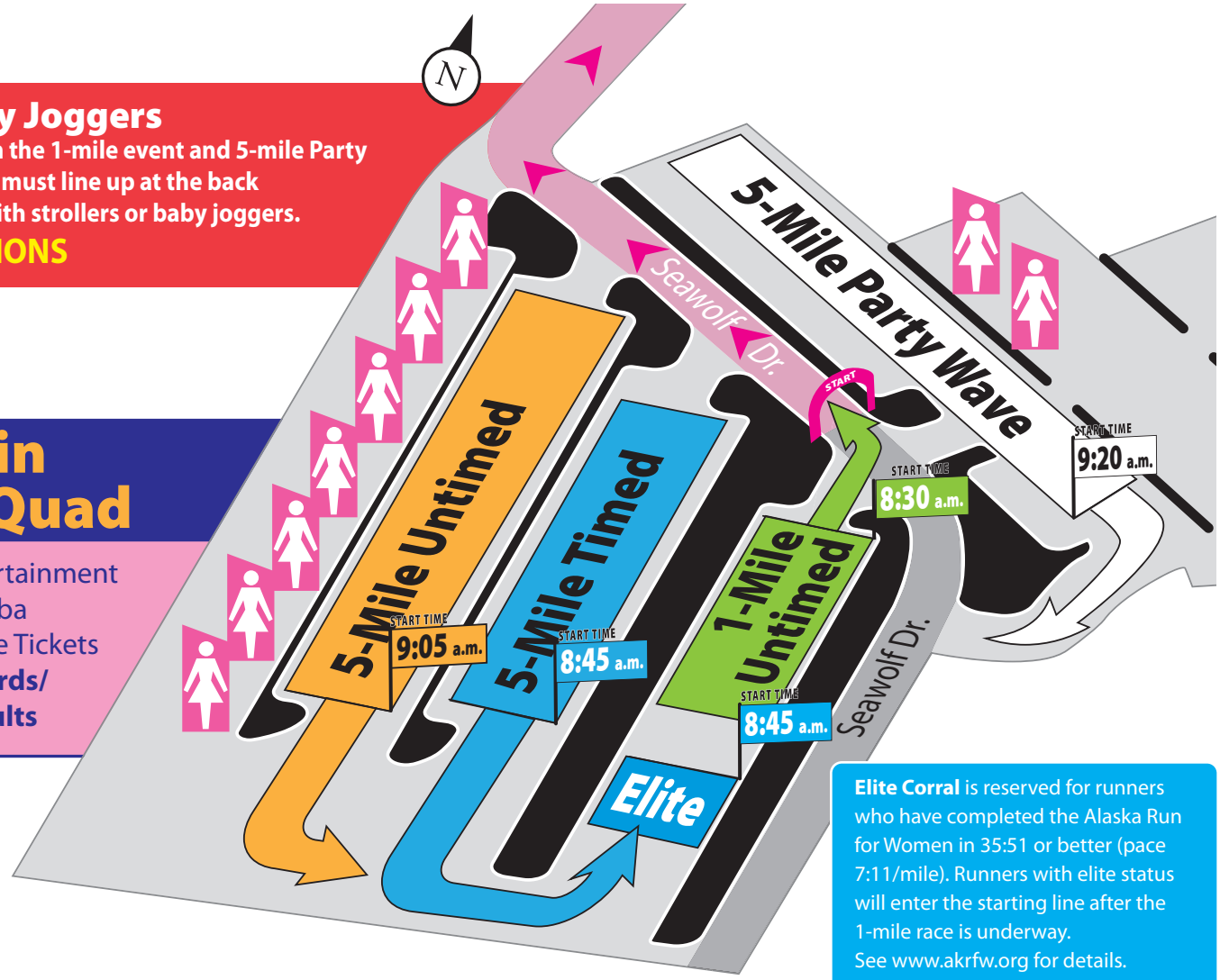
Strollers & Baby Joggers

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 running with strollers or baby joggers.

NO EXCEPTIONS

Party Area in the Cuddy Quad

- Gear Drop
- Information
- Registration
- Medical
- Yoga
- Food
- Grantees
- Donors
- Merchandise
- Coffee
- Entertainment
- Zumba
- Raffle Tickets
- **Awards/ Results**



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

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	8:30 a.m.	8:00 a.m.
5-mile Timed	8:45 a.m.	8:15 a.m.
5-mile Untimed	9:05 a.m.	8:35 a.m.
5-mile Party Wave	9:20 a.m.	8:50 a.m.