



YMCA Boise Front Trail Run

Race Instructions

9:00am Start at Frontier Nordic Lodge

- 1. Pin your race number on the front of your body on the outside layer of clothing. Making sure the number is visible. The timing chip is on the back of your bib, do not bend the chip.**
- 2. Please position yourself at the starting line according to your running or walking ability. All Strollers should start in the back!**
- 3. Stay to the right at all times unless you are passing. Please allow room for participants to pass by not running or walking more than two abreast.**
- 4. Be aware of your surroundings, look for directional signs on course. If you see a runner down please notify the next water stations or race official that you see.**
- 5. If you chose to not finish the race please check in with a Race Official when you come off the course. The YMCA is not responsible for lost or stolen items from this area.**
- 6. Have a great time!!**