



Race for the Steaks Race Instructions

**Start Times:
15K—4:30pm 5K-4:45pm**



1. Pin your race number on the front of your body on the outer most layer of clothing. Making sure the number is visible. The timing chip is on the back of your bib so 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. Be aware of cyclist on the course and please use proper greenbelt etiquette. Be aware of your surroundings. No headphones are allowed on the course.
5. There are 3 water stations on the course. 1 for the 5K and 3 for the 15K.
6. Once you are finished go to the Idaho Beef Council Recovery Zone to enjoy your Tri-Tip steak dinner. You must have your bib in order to receive your meal. If you plan on enjoying a beverage from Sockeye Brewery you will need your ID to show us you're 21 or older.

Have a great time!!



Kids Run with Herbie Race Instructions

Start Times: 4:15pm



1. You must be pre-registered for the run.
2. Pin the race bib number on the front of your child's body.
3. Please position your child at the starting line according to age with the oldest in the front and youngest in the back. YMCA staff will help with this.
4. Only having fun will be allowed! Parents please let the kids run in front and you may follow up at the back.
5. Once the child is finished they will receive a goody bag from the Idaho Beef Council

Have a great time!!