

BLEND 1K Kids Run

Thank you for registering for the BLEND 1K Kids Run. The race will start at 6:00pm. We encourage you to look over this information highlighting important things to know before coming to St. Cloud State University. Maps are located under viewing and parking sections at www.runearthday.com

Capital One Packet Pickup – Located in the Halenbeck Hall Fieldhouse at St. Cloud State University on April 15 from 11:00am – 8:00pm. Packet pickup will be very busy from 3:00 – 6:30 as we prepare for our 1K and 5K races so please plan accordingly. If you are picking up someone else's packet you will need to present your ID for recording purposes.

Health and Fitness Expo - Halenbeck Fieldhouse is the home of the Health and Fitness Expo! The expo runs from 12:00 – 8:00pm Friday, April 15. Local, regional and national vendors will be selling, sampling and showing off the latest products from the world of running & fitness. You'll find great deals on everything from running shoes to your last minute nutrition needs. Learn about exciting new products directly from the source at the Health and Fitness Expo!

BLEND Kids Health and Fitness Expo – The kids expo runs from 2:00 – 8:00pm Friday, April 15. From the young to the young at heart, the BLEND Kids Expo offers fun for the entire family. The expo will be packed with interactive and engaging activities for all ages. Kids will learn how to

make physical activity a fun and everyday part of life. The expo also promotes healthy eating; giving families the opportunity to sample healthy foods and learn more about the NuVal Nutritional Scoring System found in all Coborn's stores.

Parking - Parking is available south of the building in K-lot and Q-lot, with on-street parking also available in the residential neighborhoods! around Halenbeck Hall. Parking and course maps can be found at www.runearthday.com.

Start & Finish Line - The BLEND 1K Kids Run start and finish lines will be located on the field in Husky Stadium. The route will take runners outside of Husky Field, around and under Husky Stadium and back onto the field at Husky Stadium.

Start Time - The 1K race will begin in the Husky Stadium at 6pm sharp. There will be 6 heats each 15-20 seconds apart.

Age Breakdown - Locate your age group and Mascot in the Husky Stadium.

- Heat #1: Ages: 9-12 – Blizzard – St. Cloud State Husky**
- Heat #2: Age: 8 - Rox Chisel**
- Heat #3: Age 7 – Cooper/Chicken**
- Heat #4: Age 6 - MooBell**

- **Heat #5: Age 5 - BLEND**
- **Heat #6: Ages 4 and under – Elmo**

Things To Remember – Parents, please stay outside the staging and finish line area. Parents are allowed to run with young children but space is limited. No strollers allowed on the 1K course. If your child misplaces you, we have a lost area on the south end of the field.

Share the weekend – Feel free to share your weekend posts, tweets, and Instagram pics using **#EDR16**.

Race Day Photography – There will not be a finish line photographer at the event. Please plan accordingly.

Restrooms – Restrooms will be available throughout Halenbeck Hall.