

12th Annual Kneeland School Fun Run

Course descriptions:

10-mile:

Start time is at 8:30

The start and finish lines will be at Kneeland School. The first leg of the course will go out Mountain View road 2.3 miles and turn around. The second leg will then go out Berry Ridge road 2 miles and turn around past the radio towers. The third leg will then go 0.7 miles past the Kneeland School and turn around to finish at Kneeland School. **THIS IS A BRING YOUR OWN WATER** run. There will be **no aid stations**.

5k:

Start time is at 9:00

The start line will be at the top of Berry road, 0.25 miles from school. Participants will have to walk up to the start line. The course will go out Berry Road and turn around and will end at Kneeland School

1-mile:

Start time is at 9:30

The start line will be at the top of Berry road, 0.25 miles from school. Participants will have to walk up to the start line. The course will go out Berry Road and turn around and will end at Kneeland School

- Bibs and timing are optional to those runners who are competitive and would like to be timed.
 - First 3 runners across the finish line in each race will receive a prize
 - There will be no aid stations
 - There will be single use water bottles and light refreshments available at Kneeland School at the end of the races
 - Please bring your own water for use during the races
 - Walking is welcome
 - Strollers are welcome
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- ❖ Please be aware that these are rural county roads with light traffic. Roads will not be closed, but traffic will be aware of runners and will be asked to drive slow through the race course.
 - ❖ Please follow COVID guidelines of 6ft social distancing. Face masks will be worn prior to and at the end of the race. Once participants are spread out, face masks can be removed while running.