

# LIFETIME 5K<sup>SM</sup>

SEPTEMBER 23, 2018

5K Wheelchair Start: 7:35 AM

5K Start: 7:45 AM



- S** Race Start
- F** Race Finish
- 5K Route
- 1** Mile Markers
- +** Medical Aid
- Fluid Station
- Food
- Restrooms
- Volunteer Check-in
- Gear Check
- G ENDURANCE** Hydration
- Shuttle Drop Off/Pick Up
- Metra Station
- Finish Festival

**2**

**G ENDURANCE**

