

2015 Rescue Run 5K RUN Course Directions

- Start on **north** side of 6th Ave west of Kansas Ave – Westbound in Westbound lanes
- Proceed westbound in westbound lanes on 6th Ave to Harrison St – **BOTH LAPS**
- Turn left at Harrison St - southbound in southbound lanes (center lane and right lane) **BOTH LAPS**
- Turn left at 8th Ave – eastbound in eastbound lanes **LAP 1 ONLY**
- Turn right at Kansas Ave- southbound in southbound lane **LAP 1 ONLY**
- Turn right at 9th St – westbound in westbound lane, cross Jackson St **LAP 1 ONLY**
- Proceed west on brick road of Capitol, thru tunnel under south steps, continue west **LAP 1 ONLY**
- Turn left onto Harrison St at 9th St – southbound in southbound lanes (center lane and right lane) **1 ONLY**
- Turn left at 10th Ave – eastbound in eastbound lanes **BOTH LAPS**
- Turn left at Kansas Ave – northbound in northbound lane **BOTH LAPS**
- Turn left at 6th Ave – westbound in westbound lanes (**must cross the timing mat that was the start line**)
- Proceed westbound on 6th Street from Kansas Avenue to Harrison St – **BEGIN LAP 2**
- Turn left at Harrison St - southbound in southbound lanes (center lane and right lane) **BOTH LAPS**
- Turn left at 10th Ave – eastbound in eastbound lanes **BOTH LAPS**
- Turn left at Kansas Ave – northbound in northbound lanes **BOTH LAPS**
- Finish at 500 S Kansas Avenue – northbound lanes – near intersection of 5th Ave and S Kansas Ave
- All runners must complete two laps of the race course in order to be officially timed and listed in the race results. Any runner who fails to complete both laps will not have an officially listed finish time.
- For the safety of all involved, any runner who is being passed by other runners on their second lap is instructed to move to the right-hand side of the lane so as to not interfere with the progress of the passing runners.

All runners are to stay to the right side of the roadway with the normal direction of traffic. Runners who are being passed by faster runners are to stay in the right hand (driving) lane so as to not interfere with the passing runners on their left. Passing runners are to stay in the far left hand (passing) lane of the roadway. The only exception is on Harrison St where slower runners should stay in the far right side lane and the faster runners should stay in the center lane.

Rescue Run 1.5 Mile OR 5K Walk Course Directions

- Start on **south** side of 6th Ave west of Kansas Ave – Westbound in *Eastbound* lanes
- Proceed westbound in *eastbound* lanes on 6th Street past Kansas Avenue to Harrison St
- Turn left at Harrison St - southbound in southbound lane (far left side of roadway)
- Turn left at 8th Ave – eastbound in eastbound lanes
- Turn right at Kansas Ave- southbound in southbound lane
- Turn right at 9th St – westbound in westbound lane, cross Jackson St
- Proceed west on red brick road of Capitol grounds, through tunnel under south steps, continue west
- Turn left onto Harrison St at 9th St – southbound in southbound lane (left lane)
- Turn left at 10th Ave – eastbound in *westbound* lanes
- Turn left at Kansas – northbound in *southbound* lanes
- Finish at 500 S Kansas Avenue – southbound lanes – Same finish line as runners
- Walkers follow the inner perimeter of the same route as runners follow while runners use outer perimeter
- Walkers may do **one OR two** laps of race course but MUST exit the course before the 6 p.m. parade start

For the safety of all participants, walkers must remain in the left hand lane(s) moving against the normal flow of traffic (except on Harrison St, 8th Ave & 9th St) at all times so as to not interfere with the runners on the course. Walkers will remain in the far left hand lane of Harrison St moving with the normal flow of traffic and will walk with the traffic flow from 8th Ave to Kansas Ave & on 9th St. Walkers will not be officially timed but may note their finish time by the clock at the finish line.