Welcome

| New | runn | ers? |
|-----|------|------|
|-----|------|------|

Course

Wristbands

| Half marthon | 11 | |
|----------------|-----|--|
| Marathon | 21 | |
| Ultra marathon | 50 | |
| | 100 | |

Rules

No adults across the finish line

Use your own two feet

No dogs

Have fun

| Role | Volunteer |
|-----------------|-----------|
| Warm up leader | |
| Timekeeper | |
| Timekeeper | |
| Finish tokens | |
| Barcode scanner | |
| Barcode scanner | |
| Tailwalker | |
| Marshal 1 | |
| Marshal 2 | |
| Marshal 3 | |
| Marshal 4 | |
| Marshal 5 | |
| Marshal 6 | |
| Marshal 7 | |
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