



"Run La Caille" 7K Sept. 5th.

Here is some important information to make your race day a success!

- Packet pick-up is at Salt Lake Running Co. (700 E. 2454 S.) starting Aug. 31st, at 2:00 PM thur Thur. September 3rd.
Attached is your number to give to the person at the running store.
If you are taking a guest the ticket will be stapled to your number.
After you finish the race, keep your bib as this is your breakfast ticket.
There will be a bib/chip recycling container on the patio.
- Parking is limited – review attached parking instructions and map.
- When finishing the race on the lane into La Caille, be careful of your footing. The lane is made of handmade bricks which are uneven.
- The breakfast will open at 7:30am in the Garden Pavilion, a "one time through the line" breakfast.
- There will be port-a-potties at the start on Wasatch Blvd. and in the parking lot on La Caille's property, as well as in the Garden Pavilion.
- There will be a water stop at the mouth of Little Cottonwood Canyon. Thanks to the volunteers from The Road Home!
- Please see the attached list of items that are needed The Road Home. Sports-Am supports The Road Home! Bring your donations to the race. Thank you!
- The course is not closed to traffic. Run on the right side of the road. Between the mouth of Little Cottonwood Canyon and Wasatch Blvd (on the way back to La Caille), the road is very narrow. Run close to the concrete barrier.

