

2023 Washington Good Neighbor Days 5K Run and 1 Mile Fun Run/Walk



Saturday, June 3, 2023

Good Neighbor Days 5K Race and 1 Mile Fun Run/Walk

Welcome to the Washington Park District Good Neighbor Days 5K Race and 1 Mile Fun Run/Walk, sponsored by Uftring Chevrolet-Washington. All proceeds of this event benefit the Washington Park District Foundation. Here are some things that you might want to know for the day of the event:

Parking

Parking is available at Five Points Washington and at the Washington Community High School football field lot off Wilmor Rd. Overflow parking is in the Washington Community High School lot off Jefferson.

Pre-Race

Registration will be located at Five Points Washington. Race day registration is \$36 for the 5K and \$25 for the 1 Mile Fun Run/Walk.

Restrooms are located inside Five Points Washington.

Race Timing

Race timing and results are being handled by Shazam Racing. Please check the computers near the finish line for your finish time and to see if you placed in your age group.

Starting Line Instructions

The starting line is located on the north end of the entrance to Five Points Washington. We will close the street and lineup 5-10 minutes before start time for instructions. The start of the 1 Mile Fun Run/Walk will begin at the same time as the start of the 5K.

5K Race Course Description

Included in the packet is a Race Course Map. The route begins in front of Five Points Washington on Wilmore Rd. and heads to the north to Newcastle Rd., left to Dallas Rd., right to Kingsbury Rd., left. The race will continue on Kingsbury Rd. to Mallard Way, right. Follow Mallard Way around back to Kingsbury, right to Cummings Lane. The water station is located at the end of Kingsbury Rd. At Cummings Lane, the course turns left into the north bound lane. The north bound traffic will be moved into the center lane and south bound traffic will remain in the south lane. The course will then take a left onto the Washington Recreation Trail to the east. Watch for the yellow bollards at the entrance of recreation trail at any road (Cummings Lane, Grandyle St. West, and Newcastle Rd/Gillman St.) The race course continues to the east across Grandyle St. to Dallas Rd., right to Newcastle St. The route turns left onto Newcastle St., right into the Central School driveway toward the Primary School entrance, left onto the school ring road past the first entrance to the parking lot, left at the second entrance to the parking lot and finish running directly east toward the bus barn.

Water Station

One water station will be located just short of the halfway point at the end of Kingsbury Rd. and just before the turn onto Cummings Lane for the 5K.

Finish Line

The finish line is located behind Five Points Washington in the Central Primary School parking lot next to the bus barn. Refreshments will be available in this area. Awards will be given out in this area as soon as the results are finalized.



Awards

Awards will be given to the first 3 overall males and females in the 5K. Awards will also be awarded to the top males and females in each of the following age divisions:

10 & Under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

Rotary Pancake Breakfast

Following the race and the awards, participants are welcome to attend the Rotary Pancake Breakfast which will be held inside at Washington Community High School. Runners are free with their number. Others may pay \$8.50/person and children 10 and under are \$4.

1Mile Fun Run/Walk Course

The route for the 1 Mile Fun Run/Walk will begin on Wilmore Rd. with the 5K. The route will head north on Wilmore Rd. to Newcastle Rd., left to the driveway in the Central School campus, left (the 5K runners will continue on Newcastle). 1Mile runners continue south to the Central School ring road and turn right remaining to the right hand in the lane around to the front of Central Intermediate School where they will turn around and return in the right hand lane past the entry drive, past the first entrance to the parking lot, left at the second entrance to the parking lot and finish running directly east toward the bus barn. The finish is timed and is using the same finish as the 5K.

Refreshments will be available by the Washington Central Primary School Bus Barn and the finish of the 5K.

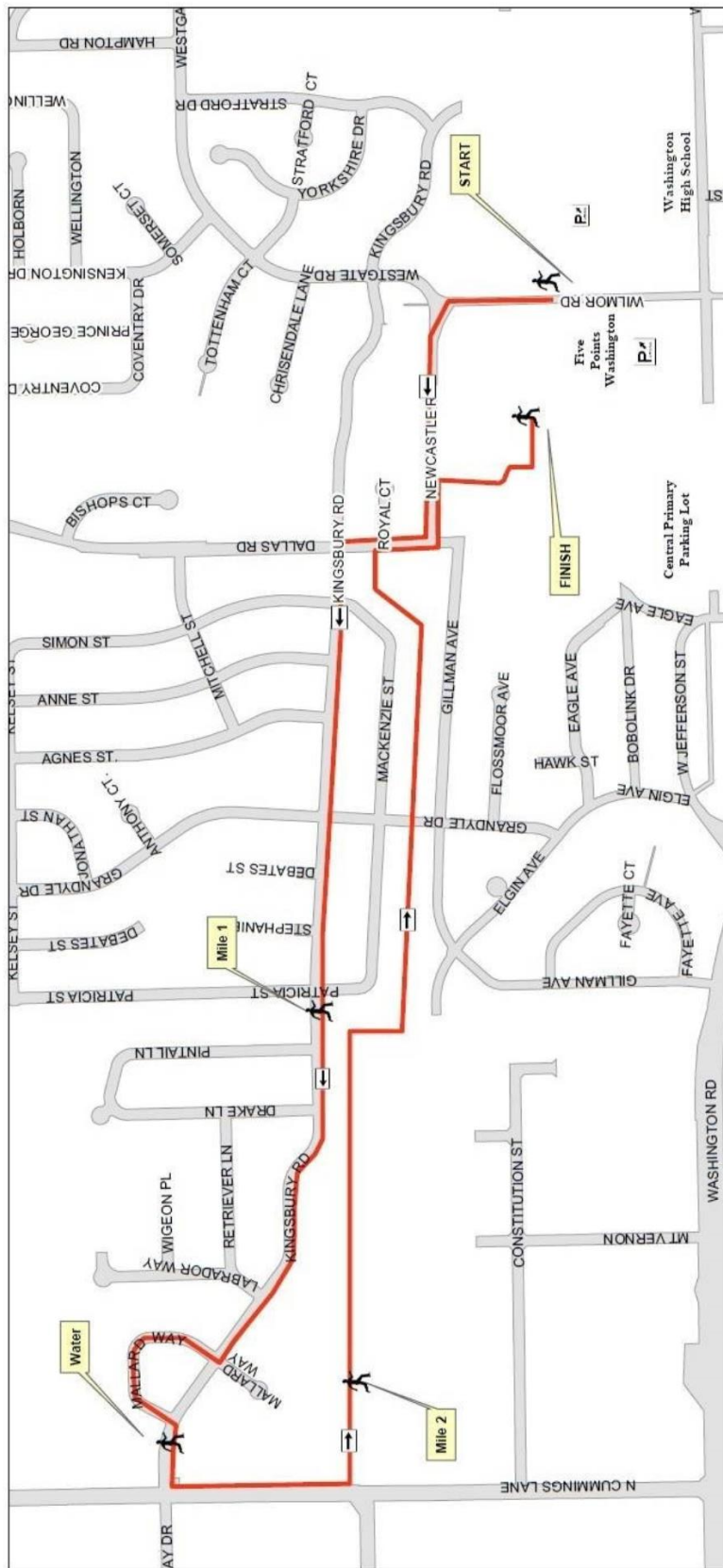
Sponsors

We would like to thank the sponsors that have supported this event:





Good Neighbor Days 5K Race Route Map



Legend
— Race Route
 — Right of Way



Washington Good Neighbor Days 1Mile Fun Run/Walk Route

