**IM Sports - CROSS COUNTRY RACE**  
*Instructions and Information*

**COURSE:** PSU Cross Country Club Course - 6k marked with Blue paint.

**COURSE LOCATION:** IM Fields across Park Ave. We suggest you get out early in the week to familiarize yourself with the course.

**RACE DATES:** All races will be held on the same day at the same time. Please check the Cross Country flyer for this year’s race date and for the start time.

**DIVISIONS:** Men's & Women's, and Fraternity

**RUNNER CHECK IN:** All runners must present their PSU ID+Card at the check in area near the start/finish line no later than 30 minutes before the scheduled start time. Runners who do not check in by this time will not be permitted to run. Use the 30 minutes between registration and the race to warm up.

**TRAINERS:** Trainers will be present at several locations throughout the course. Trainers will NOT be available for supportive taping of ankles or other extremities. They will be servicing any injury suffered or aggravated during the race. Water will be provided at the start/finish line. *Remember to warm down after the race.*

**STATEMENT OF RISK:** The intramural participant is encouraged to consider his/her personal health and physical condition prior to participation in intramural activities. Such participation involves physical exertion, fundamental skills for that sport or activity, and may involve physical contact. The participant, being aware of any conditions predisposing him/her to injury or illness, and in consideration of the inherent physical exertion and possible contact involved in intramural participation, may wish to seek the advice of a physician prior to participation or may choose not to participate at all.

**FINISHING THE RACE:** *Follow the Instructions of the Chute Workers!!* Move through the chute to which you are directed. To facilitate this process please do the following: Stay in your order of finish. All runners will be given a place card at the finish line. Fill in your name, team affiliation and circle your division, then turn the card back into the event staff when we call for your division.

**SCORING:** Overall finishing places will be posted. Results will be tallied at the conclusion of each race. Champions will be announced and posted online; winners should stay for pictures and awards.

**QUESTIONS:** Intramural Office, 101 Intramural Bldg., 8am-5pm (M-F), (814) 865-5401

*Last Modified 8/14/2013*