



**Dear Participant,**

Thank You for taking part in our 16<sup>th</sup> annual Jungle Jim's 5k Run/Walk. We thank you for your support. You will be receiving a swag Beach Hand Towel this week instead of a t-shirt. Change is good as we all are very familiar with by now. I have 120 towels so everyone that is registered should be able to receive a towel.

**PACKET-PICKUP: AT JUNGLE JIM'S ON FRIDAY FROM 4-6 PM...ENTER THROUGH THE MAIN GATE AND TURN RIGHT. REMAIN IN YOUR CAR AND MY SAFE VOLUNTEERS WILL APPROACH YOUR CAR FROM THE PASSENGER SIDE. I WILL HAVE FATHERS DAY SHIRTS AND AWARDS AS WELL, MASK'S AND HAT'S FOR SALE AS WELL.**

**BIBS:** Your bib can be made at your pleasure at your home. Your bib can be an old one that you decorate the rear of or it can be a bib you make yourself. We have enclosed a label in your packet that you can attach to your homemade bib. On the label is your bib number. Bib numbers will also be posted on Friday morning at [www.seashorestriders.com](http://www.seashorestriders.com) on the Jungle Jim's event page. I have attached a bib template on the Jungle Jim's page that is in a .DOC format easily printable at your home. Please make sure you wear your bib on the front and make sure the bib can be seen in your post-race photo or you can also take a picture of the bib separately. The bib is how the Seashore Striders tracks you.

**RACE TIME:** 48 hrs. from June 27th at 12:01 a.m. to June 28th at midnight.

**RACE COURSE:** You have the choice to complete the Jungle Jim's 5k virtually anywhere you would like. Please be aware that there is not an official course that will be set-up from Jungle Jim's nor will there be any assistance on the course (water stops, directional signs, mile markers, race clocks, or emergency assistance).

**SAFE RUNNING & RACING:** The Seashore Striders and Jungle Jim's encourage you to run & walk safely during the Jungle Jim's 5k and discourage the gathering of runners for this event. Please stay more than 6' from each other if running with someone. <https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>

**RACE TIMING:** You will use a timing device on your watch (Garmin ) or iPhone (race tracker) or whatever you are comfortable with (to be verified it must be the complete 5k distance). I will verify 3.10 miles; however, I will NOT verify 2.99 miles. At the completion of your Jungle Jim's 5k, please take a selfie of yourself with a close-up of your device showing your distance & time. **Results will be sent to [tim@seashorestrider.com](mailto:tim@seashorestrider.com)** for official verification and I then will upload the results to RunSignUp/athlinks/CT. Please send "Elapsed Time" not "Moving Time"... **Results are due to Race Director Tim by 12 midnight on June 27th.** NO TREADMILLS ALLOWED IN THE SUMMER SERIES EVENTS.

**VIRTUAL RACE DIRECTOR:** Tim Bamforth, Seashore Striders/Seashore Strider Event Production, Inc. [tim@seashorestrider.com](mailto:tim@seashorestrider.com)

**NEXT EVENT:** 5k Hope to see you again at the 30<sup>th</sup> Beachpaper Firecracker 5k on 7/4-7/5...seashorestriders.com