

Prairie Striders Indoor 5K

Jan. 21, 2023

8:30 a.m. — runners under 24 minutes

9 a.m. — runners over 24 minutes

Thanks for participating in our run. We thank Rod DeHaven and the SDSU Athletics Department for continuing to be a good supporter of Prairie Striders Running Club events. We also appreciate the help of the Brookings Register and Brookings Radio with publicity.

Parking/building entrance

- Permits are not required for weekend parking. Parking is available on the north and west sides of the Sanford-Jackrabbit Athletic Complex. *The entrance for runners and fans is on the north side.*

Amenities

- The changing area is in the restrooms on the north side of the building.

Registration

- Pickup your bib number and Prairie Striders beanie at the registration table near the building entrance. Doors open at 7a.m.

Course

- The track is 300 meters. Runners will go 16 2/3 laps.
- Mile 1 is on the 6th lap. Mile 2 is on the 11th lap.
- Runners planning to run the full race with a partner are asked to leave lane 1 open in case others want to pass.
- Electronic timing will be used, and we will have some lap counters, however, runners are still encouraged to count their own laps.

Refreshments

- Water coolers will be set up in the high jump area inside the track.
- No food allowed on the track area.
- Caramel and cinnamon rolls available after the race and before the awards presentation.

Results and prizes:

- Winners will be announced as soon as possible after the second heat.

- Full results at raceentry.com and PrairieStriders.net within a day or two.
- Door prizes will be drawn prior to the awards assembly.
- First-place prizes sponsored by Runner's Block and Scheels; second- and third-place prizes sponsored by 605 Running.

Door prizes provided by Dakota Sports, Dauby Sports, Runners Block, and Prairie Striders.

Proceeds:

- Race net proceeds help fund the Prairie Striders/Phil LaVallee Scholarship, which goes to an SDSU distance runner.

More action to follow

- Immediately after the second heat, awards will be presented to the top placers as well as the club's year-end awards, and the Harvey Mills Friend of Running Award presented by Prairie Striders.
- At 12:30 p.m. Saturday, SDSU is hosting the Jim Emmerich/Alumni Invitational. A special feature will be the alumni mile.

Last-minute questions

- Race co-directors Dave Graves (627-5718 evenings, 651-4361 a.m.), Jay Larsen (695-0063). email run@prairiestriders.net www.prairiestriders.net

