

45th Annual Lampson Cable Bridge Run - Race Details

Prior to the Race:

- Please be aware that there is no parking allowed at the Start Line/Lampson Office area. All Runners must park at the Benton County Fairgrounds.

Shuttle Bus Services From Fairgrounds to Start Line (Provided by Ben Franklin Transit):

- Shuttle services from the fairgrounds will begin at 7:00am. Last shuttle at 8:30am
- Shuttle services for runners is included with the entry fee. Spectators may also ride shuttle buses to the start or finish, and from the 5K/10K finish back to the fairgrounds.

At the Start (ALL RUNS BEGIN AT 9:00am):

- There will be a “Clothing Drop” booth outside the Lampson Office Building where you can drop-off your extra clothing until approximately 8:30am. Items will be transported to the Lampson Shop (5K/10K finish line) “Clothing Pick-Up” area.
- Police will stop vehicle traffic across the bridge at 8:00am, please stay out of the street until that time.
- Fun Run Participants, slower runners, walkers, and walkers with strollers should keep to the back of the crowd at the start line.
- **No Pets Allowed**
- **Walkers: Do Not Walk the 10K (10K participants that do not reach the 3.4 mile check point by 10:00am will be diverted to finish with the 5K participants. See map below for check point location).**

During the Race:

- **LOOK FOR YOUR RACE BANNER:** There are large race banners that are color coordinated. Look for your specific color to help guide you. **Green = 1Mile, Blue = 5K, Red = 10K** **Note: The last mile of the 5K race has changed; see map below.**
- After crossing the bridge, 1mile & 10K runners turn right on Ainsworth then right on 9th Ave. 5K runners stay on Ainsworth.
- “Important” run through only one finish chute coordinated with the distance you registered for.
- All turns are properly marked; listen to course volunteers and observe signage.

At the Finish and after the Race:

- Finisher Medals will be provided for the first 1700 runners. Please make sure that your bib is visible, “No Bib, No Medal.”
- **5K & 10K** runners will use the same finish line.
- **All Runners:** Wear your **Bib Number** on the outside of all clothing in full view of race officials and photo finish line.
- “Placement” awards will be mailed after the race to runners who place in their respective divisions.
- Please keep in mind that the running course **will open to vehicle traffic at 10:30 am.**
- **Spectators:** If you have someone picking you up at the finish line/Lampson Shop (2300 E. Crane St., Pasco), they will need to arrive at the building no later than 8:00am as the streets will close to vehicle traffic. Please note they may not be able to leave the 5K/10K finish line area until approximately 10:00am. Once you leave you will not be able to gain access to the 5K/10K finish line areas until the streets reopen, approximately 10:30am.
- Snacks and Beverages will be available at the finish line area.
- Door prize drawings will begin at approximately 9:45am.
- Complete race results will be published on www.pascoparksandrec.com.

Shuttle Bus Services Back to Fairgrounds after the Race:

- Shuttles will run from the 1 mile Finish to Lampson Shop (5K/10K finish) starting at approximately 9:30am
- Shuttles will take runners and spectators from Lampson Shop back to the fairgrounds beginning at 10:00am.
- Please note that the **Last Shuttle** back to the Fairgrounds leaves at 11:00am

IMPORTANT: There will be No Shuttles back to the Start Line/Lampson Office area

Photos:

- **Negative Split Event Timing** will take pictures of the race participants at the finish line.
- **Spotted Fox Digital Marketing** will be taking video, drone footage, and general pictures of the run.
- Photos should be available approximately 12/22/23. Visit www.pascoparksandrec.com for the link to view and download your **FREE** photos.

Negative Split Event Timing Instructions

- This race will be timed using a timing chip-bib. Please make sure that bibs are visible and placed on the front side of your body .
- Bibs are runner specific, be careful not to switch bibs with anyone.
- The chip is a part of your bib. Simply attach the bib to your clothing before the start of the race and continue to wear it until you reach your finish line.
- Make sure you cross the finish line/timing points only once. Crossing more than once may cause your time to be inaccurate.

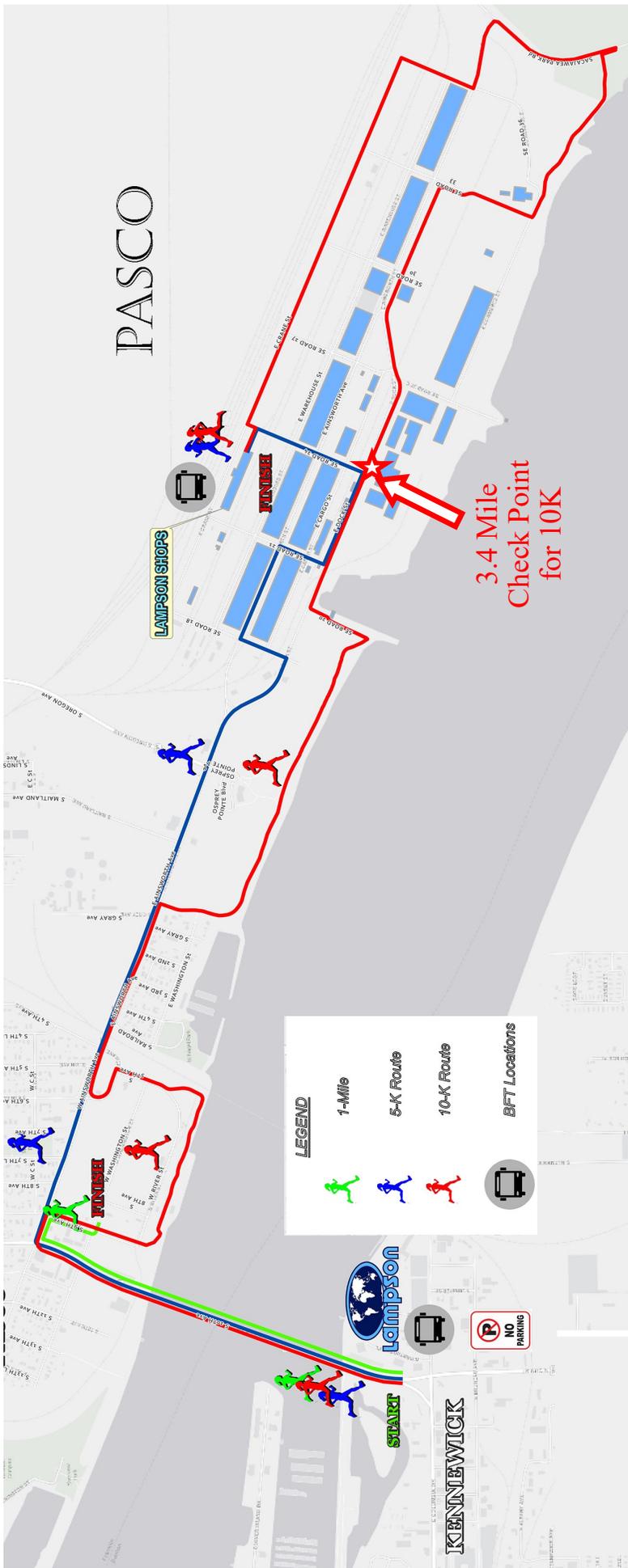
We would love to see your photos! #Lampsoncablebridgerun when you post on social media and tag @pascoparksandrec on Instagram.

THE BEER GARDEN IS BACK!



ADULT BEVERAGES/ BEER GARDEN: If you wish to purchase alcohol at the finish line/Lampson Shop area, you must provide an acceptable form of ID. Cash and Credit Cards are Accepted. Beverages provided by Ice Harbor Brewery. Enjoy!





The 44th Annual Lampson Cable Bridge Run is proudly sponsored by:



Preparing You For The Human Race



Additional Contributors

- Sun Willows Golf Course
- Canyon Lakes Golf Course
- Columbia Pointe Golf Course
- Bombshell Coffee

For more information:

www.pascoparksandrec.com

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