



Minimum Age	Allowances
18 and up	<ul style="list-style-type: none"> <input type="checkbox"/> No restrictions
14 (to 18)	<ul style="list-style-type: none"> <input type="checkbox"/> Any route or distance <input type="checkbox"/> Must have consent of parent or legal guardian <input type="checkbox"/> Parent or legal guardian responsible for selecting the appropriate course that matches the child's ability
6 (to 13)	<ul style="list-style-type: none"> <input type="checkbox"/> May run/walk or ride the 5K or the 9-mile Trail Run <input type="checkbox"/> Must have consent of parent or legal guardian <input type="checkbox"/> Must remain with parent or legal guardian at all times <input type="checkbox"/> Parent or legal guardian responsible for selecting the appropriate course that matches child's ability
5 and under	<ul style="list-style-type: none"> <input type="checkbox"/> 5K run/walk or ride options ONLY <input type="checkbox"/> Must remain with parent or legal guardian at all times <input type="checkbox"/> Running Strollers are welcome on the 5K run/walk – stroller wheels must be able to handle grass, dirt, and gravel terrain.