



Polar 5K

- > Registration/packet pick up and parking will be at the Convention Center (8:00-9:00am)
- > Runners will walk or take a shuttle to the race staging area.
- > Race Start (9:30am) and Finish are at the Village Inn Lodge near the Plunge site.
- > This is an out and back route which will start in 3 waves according to submitted run times.

“5K Route Subject to Change”