



2024

# Deseret News 5k

Wednesday, July 24th is a fun open race at the Deseret News 5k! The weather looks hot, so make sure to hydrate and wear light racing attire! We have an opportunity to have fun and see where our summer fitness progressed over the last 6 weeks. Please check the meet schedule at the bottom of the page so you know where and when to drop off your athlete. This is not an official meet, but should be a lot of fun and we recommend all athletes come and enjoy racing together! Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<b>Uniform:</b> Up to you!	Race Time is 7:00 am!	See info below
<b>\$\$\$</b> for T-shirt	Packet pick-up is on July 23 <sup>rd</sup> ! Info below.	
<b>Running shoes/Racing Shoes</b> and extra pair of socks	This is a fun open race for the whole family! Sign up on the link on the website and use the team code	
<b>Food:</b> ex: bagels, bananas, fruit, water, or recovery drink	<b>Make sure to secure a ride to the meet!</b>	

### Des News 5K Schedule:

6:00 am or Before: Meet Coach Pugel at the Church at 951 E 100 S, Salt Lake City, UT 84102. It's best to drop off here and then head to the finish line for those who have parents dropping them off. If students are driving themselves then they will need to find a spot nearby and meet at the church.

6:20: Coach Pugel will be starting the warmup promptly for all Herriman athletes.

6:40: Coach Pugel will lead athletes to the start line (top contenders need to move their way to the front).

7:00: Race Starts

7:40: Make sure you join the coaches for congratulations and a Team Picture after the race!

### Notes:

\*Please only bring things that are disposable to the warm up and start line. We will not be able to pick things up from the start area after the race.

\*Coach Pugel will be at the starting line and racing the event.

\*Coach Soles, Mrs. Coach Soles, and Coach Nay will be at the finish line.

\*Packet Pickup Location: **This is the Place Heritage Park** - The Garden Place - 2601 Sunnyside Ave Salt Lake City, UT 84108.

**Tuesday, July 23 from 10am to 7:30pm.**

You may pick up packets for someone else if you bring a signed note or email authorizing you to do so. At packet pickup you will get your race bib with timing chip, shirt, and goodie bag.

There is no race day packet pickup.



**Herriman High School Cross Country**

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