



Lake City Running Club

LCRC

P. O. Box 673

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www.lakecitymarathon.info



Headphone policy :

We have had several inquiries about our headphone policy: We try to accommodate requests and make this running event as enjoyable as possible. Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. The use of personal music devices is strictly prohibited on course while the race is in progress as we are an RRCA member club. Race officials are being instructed to notify the race director of anyone having them. If you use or bring them on the course while the race is in progress, you will receive a "DSQ" by your name for your finish time.

Michael A. Skipper,

Lake City Marathon Race Director

Today's date: August 28, 2010