

Stay Out of the Sun Run/Walk

New This Year - Live Tweeting. Tag our page @sosrunRochester using hashtag #sosrun in your tweets.

Follow us on our Instagram page: sosrunRochester

Race Day Activities Friday, May 20, 2016

| Time | Activity | Location |
|-------------|--|-------------------------------|
| 5:00 – 6:00 | Registration | Lourdes High School Commons |
| 5:00 – 6:00 | Packet Pickup | Lourdes High School Commons |
| 5:00 – 8:00 | Silent Auction | Lourdes High School Commons |
| 5:00 – 7:00 | Exhibits – Amgen, Coolibar | Lourdes High School Courtyard |
| 5:30 – 7:00 | Skin Checks – Mayo Clinic Department of Dermatology | Lourdes High School – PE Room |
| 5:15 – 5:45 | Elle Pollock, Musician | Lourdes High School Courtyard |
| 6:00 | Sports Massages MN School of Business | Lourdes High School Courtyard |
| 5:45 | Melanoma Survivor's Photo | Lourdes High School Courtyard |
| 5:50 – 6:15 | Music Entertainment – Rochester Caledonia Pipe Band | Lourdes High School Courtyard |
| 6:15 | National Anthem – Elle Pollock Flag Ceremony – Boy Scout Troop #110 | Lourdes High School Courtyard |
| 6:30* | 10K Run | Start Behind LHS |
| 6:35* | Walk | Start Behind LHS |
| 6:40* | 5K Run | Start Behind LHS |
| 6:45 | Lourdes High School Hi-Lighters Jazz Band - Director: Mr. Zach Sander | Finish Line – LHS Courtyard |
| 7:00 | Post Race Refreshments | Lourdes High School Commons |
| 7:30** | Awards Ceremony – Top Finishers | Lourdes High School Commons |
| 8:00 | Silent Auction Closing | Lourdes High School Commons |

***Order subject to change**

****Estimated start time**