

THE JOE CASSELLA 5K

May 17, 2015 • Great Falls, VA

- 6:30AM Volunteer Check-in
- 6:45AM - 8:15AM Registration/Packet Pick-up
- 7AM - 10AM Donations and JCF Merchandise Table Open - *All New Charm Bracelets Available*
- 7:30AM Police Arrive
- 7:30AM - 8:30AM Pre-race Food & Drinks Available
- 7:30AM - 10AM Face Painting/Balloon Artist/Photo Booth/Hair Painting/Kids Activities
- 7:30AM - 10:30AM Pre and Post-race Medical Massages; Clay/Pottery Table and Cornhole Available; DJ & Music
- 8:00AM - 11AM EMT's Arrive
- 8:15AM Warm Up - 10 Minutes * Noble Crossfit
- 8:25AM Race Dedication
- 8:30AM Kids Fun Run Kicks Off
- 8:45AM 5K Begins
- 9:45AM Thank You Speech; Awards/Post Race Celebrations
- 10:30AM Clean-up



Registration

1. Main Tent (Registration, Packet Pick-up, & JCF Merch)
2. Volunteer check-in
3. Team Meeting Place
4. Porta-Johns

Entertainment

5. Balloon Artist
6. Face Painter
7. Photobooth
8. Kids Activities Table
9. Jimmy Potters
10. Gazebo w/DJ & Music

Services

11. Medical Massages
12. TLC Laser Center
13. Noble Crossfit

Food

14. Einstein Bros. Bagels
Fruit
H2O
Muffins
And Much More!
15. Katie's Coffee