

## **Individual 4K Run Info**

### **Location:**

North Charleston Wannamaker County Park  
8888 University Blvd, North Charleston, SC 29406

Gates open at 8am.

### **Arrival:**

When you arrive, make your way to the Tupelo/Cottonwood Shelters. There will be parking available in both areas.

Let the gate attendants know you are arriving for Fittest of the Coast. They will let you in for free.

Arrive 30 minutes before your scheduled heat time.

### **Meeting Location:**

15 minutes prior to your scheduled heat time, make your way to the Tupelo Shelter. The Tupelo Shelter is where you will be briefed and receive your racing bib.

### **Briefing/Racing Bibs**

Your heat will be gathered and briefed 15 minutes prior to your heat time. During this briefing, you will receive your racing bib. You must wear this racing bib the entire race to record a time. We previously communicated you would receive your racing bib during athlete check-in times. We changed this to improve efficiency and decrease chances of athletes losing a racing bib.

### **Race Start/Finish Areas**

The race will begin near the Tupelo Shelter. The race will finish near the Cottonwood Shelter.

### **Shuttle Info**

Free shuttles will be available for those who need transportation to and from Wannamaker Park. Shuttles will pick up/drop off from the Charleston Convention Center and Wannamaker Park.

### **Convention Center Shuttle Location:**

Shuttles will pick up/drop off in front of the Charleston Convention Center main lobby entrance. There will be a MASSIVE Fittest of the Coast sign hanging on the building. You won't be able to miss it. That is where you will want to go to grab a shuttle.

### **Wannamaker Park Shuttle Location:**

Shuttles will pick up/drop off in front of the Cottonwood Shelter.

**Shuttle Schedule:**

TIME	PICK UP LOCATION	DROP OFF TIME	DROP OFF LOCATION
7:45 AM	Convention Center	8:15 AM	Wannamker Park (Cottonwood Shelter)
8:15 AM	Convention Center	8:45 AM	Wannamker Park (Cottonwood Shelter)
9 AM	Convention Center	9:30 AM	Wannamker Park (Cottonwood Shelter)
9:30 AM	Convention Center	10 AM	Wannamker Park (Cottonwood Shelter)
10:15 AM	Convention Center	10:45 AM	Wannamker Park (Cottonwood Shelter)
10:45 AM	Convention Center	11:15 AM	Wannamker Park (Cottonwood Shelter)
11:30 AM	Convention Center	12 PM	Wannamker Park (Cottonwood Shelter)

**Wannamker Park Map:**

