



WAVE TIMES

ONE TOUGH COOKIE WAVE START

First Wave: 8:30 a.m.

Second Wave: 8:40 a.m.

Third Wave: 8:50 a.m.

Fourth Wave: 9 a.m.

Fifth Wave: 9:10 a.m.

Sixth Wave: 9:20 a.m.

Seventh Wave: 9:30 a.m.

Must be 14 or older to participate in the 3 mile race.

13 and under participants should register for the kids race.

ONE TOUGH COOKIE JR. WAVE START

First Wave: 10:30 a.m.

Second Wave: 10:40 a.m.

Third Wave: 10:50 a.m.

Fourth Wave: 11:00 a.m.

Fifth Wave: 11:10 a.m.

Sixth Wave: 11:20 a.m.

Seventh Wave: 11:30 a.m.

MUDDY BUDDY RUN

First Wave: 10:00 a.m.

Second Wave: 10:10 a.m.