

The shoe tags must worn below the knee and outside any shoes or clothing
Your race has chosen to use returnable timing chips. After you finish please return the chips to the buckets at the end of the finish chute.

Attaching timing chips



1. Align chip over shoe laces



2. Insert laces through top two holes



3. Tie shoe laces as you normally do

Runners with shoes that have no laces please see a member of ARMS staff for a plastic tie.

You will be receiving a bib number. This bib number must match the number found on the black side of your chip. The bib number must be worn on the front of your body outside all clothing. The timing staff must be able to see this number.

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