



PARTICIPANT GUIDE

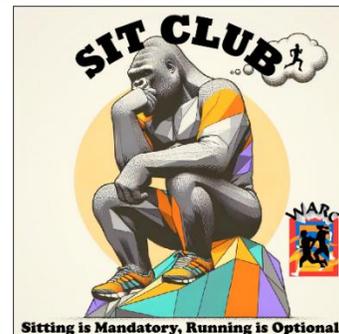
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**Special Thank You to our
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*Dr. Dan & Dr. Sarah
Reiffenberger*



PRAIRIE LAKES
Healthcare System



Event Information

Event contact information

DASH Around Kameska Half Marathon/Relay/BWW 5K

Website: www.dasharoundkameska.com/

Facebook: [DASH Around Kameska](#)

Instagram: [DASH Around Kameska](#)

Schedule of events

Friday, May 15

Prairie Lakes Ice Arena

3015 1st Ave NE Watertown, SD

Packet pick-up 5:00 – 7:00 pm

Buffalo Wild Wings 5K 6:00 pm

Pick packet up at Prairie Lakes Ice Arena located at 3015 1st Ave NE for the 5K. A catered BWW party will be at the Ice Arena after the race for the registered 5K participants until 8:00 pm.

Saturday, May 16

Stokes-Thomas City Park

90 S Lake Dr Watertown, SD

Packet pick-up 5:30 – 6:15 am

Bus Transportation to Start 6:00 am

(Bus will run back and forth to Jackson Park – last ride at 6:40 am)

Jackson Park

250 S Lake Dr Watertown, SD

Pre-Race Meeting 6:50 am

Race start 7:00 am

Stokes-Thomas City Park

Race will finish along the waterfront boardwalk.

Awards will be presented as the winners finish

NOTICE – Any alterations to the event schedule or changes in the race route that are made after packet pick-up will be posted on the event [website](#) and [Facebook](#) page. No attempt will be made to individually contact participants to notify them of these last-minute changes.

Spectator Information

Spectator Parking – See Event Parking at right

Viewing Areas – Spectators will not be permitted to follow athletes along the course, but will be permitted to park and view the athletes at any point along the course where parking and or standing is not prohibited by law or signage. Specific viewing and parking areas will be designated at Stokes-Thomas City Park and at the relay exchange point at Codington County Memorial Park.

Spectators will not be allowed to enter finish chute area, but will be allowed to reunite with their athlete(s) shortly after they finish.

Medical Support

Medical personnel will be available at the relay exchange point, roaming the course, and at the finish line.

Race Photography

Photos of event participants will be published on the event [Facebook](#) page.

Event Parking

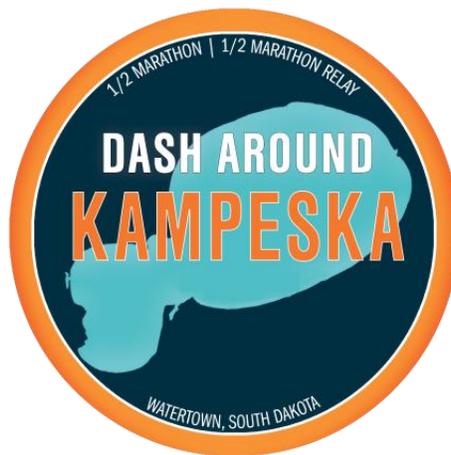
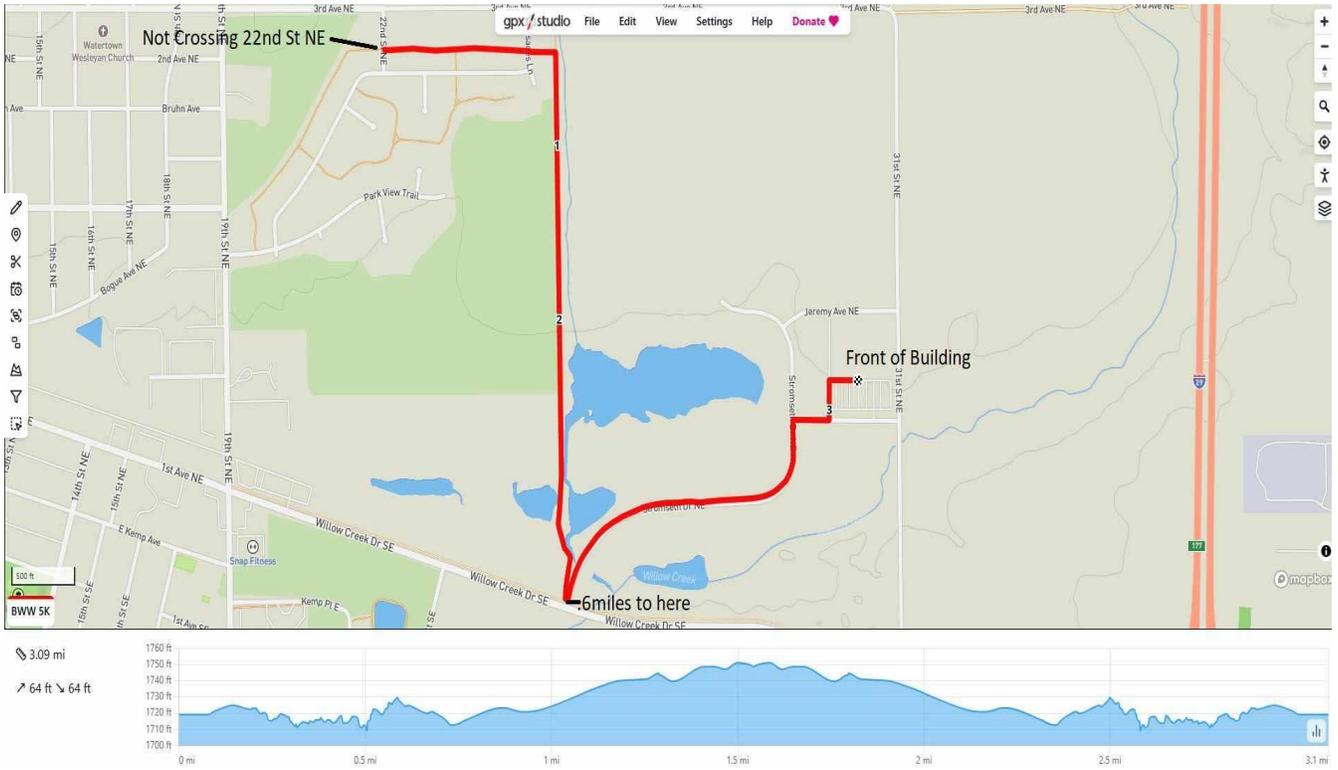
Parking for athletes and spectators will be available at two parking lots within Stokes-Thomas City Park. The area marked with X's is not available.

Parking will also be available near the relay exchange point at about mile 6.5 adjacent to and within Codington County Memorial Park. Please look for signage.

Transportation to and from the exchange point for relay participants will not be provided by event organizers. Relay runners are encouraged to carpool to Jackson Park for race announcements and then leg 2 should drive to Memorial Park so leg 1 can drive back to City Park after the exchange.



Course – Buffalo Wild Wings 5K at Prairie Lakes Ice Arena, Friday, May 16th–6:00pm





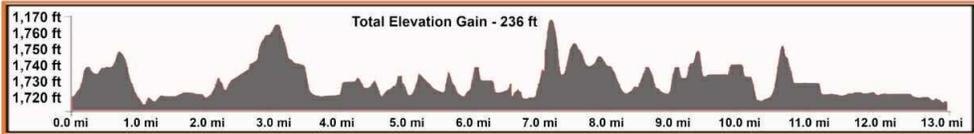
DASH AROUND KAMPESKA

Half Marathon / Half Marathon Relay

Watertown, SD



Memorial Park Relay Exchange Inset



Event Rules – Half Marathon

Event Rules

The following event rules are intended to help produce and direct a large scale event, to ensure the safety of all participants.

Participation

- Registrants must be capable of completing the full distance, start line to finish line, within the event time requirement of 3 hours and 30 minutes.
- Each participant must sign an event waiver before participating in the event as part of the registration process. Registrants under 18 years of age must have the applicant waiver signed by a parent or legal guardian.
- The event time requirement applies to all forms of entry and event participation.
- Participant race number bibs are specific personal identifiers and may not be exchanged, transferred or sold to any other person.
- The sale and/or transfer of race entries/bibs is strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events.
- Race entries and ancillary purchases are non-refundable and non-transferable under any and all circumstances.

Bib numbers

- Participants are responsible for verifying that the timing device attached to the bib number is worn correctly during the race. Bib numbers must be always worn on the top layer and visible on the front of your body. Failure to do so could result in your time not being recorded.

Event day

- Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, security officers and city officials throughout the duration of the event. All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event.
- All participants will be provided with a personally assigned event bib number, which must be conspicuously worn on the front of their running

attire throughout the duration of the event. The event bib number is to be worn as issued. No participant shall be permitted to participate in the event without his/her appropriate bib number.

- The use of selfie-sticks and any camera mount or rig by participants while in the event, is prohibited.
- The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to: (a) authorized and registered wheelchair, handcycle and duo team participants and (b) authorized course marshals on bicycles.
- The use of video devices, computers, drones, unmanned aerial devices, or any similar devices are not permitted on or near the course.
- Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices are not permitted on the course.
- Additional prohibited items on the course route include, but are not limited to: large bags (backpacks, suitcases and rolling bags), hard-sided coolers, costumes covering the face, any non-forming bulky outfits extending beyond the perimeter of the body, props and non-running equipment, pets/animals (except service animals that are trained to perform specific work or tasks for a person with a disability), alcoholic beverages, illegal substances, chairs, weapons, remote controlled aircrafts and drones. For the avoidance of doubt, fuel belts and hand-held water bottles are allowed.
- Participants must begin the event during the official recognized start times.
- The event has a course time limit of 3 hours and 30 minutes.
- Participants must maintain a 16-minute per mile pace (approximately) or faster and complete the half marathon distance—start line to finish line—within the event time requirement. Participants outside of the time limit may not be recorded or published as official finishers, receive full on-course support from aid stations and traffic safety personnel, or be allowed to complete the half marathon distance.

Event Rules - continued

The start

- Participants will be notified of the specific start order during Packet pickup ticket or on the event website: www.dasharoundkampeska.com/.
- All participants are responsible for knowing the race's start time and check-in method. All participants must be present at the appointed time to receive instructions and to participate in the official start of the race.
- All participants must be positioned behind the official start line prior to the start of the race.

Course monitoring

- Any participant who refuses to obey the directions of event officials, city officials or course marshals, or who conducts himself/herself in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators, may be disqualified from the event and from future participation at the discretion of race officials.
- No participant, after leaving the course, will be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- Any participant who has been found by a course marshal, event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") will be disqualified from the event.
- A participant who has received any assistance whatsoever from any other person may be disqualified from the event. "Assistance" includes, without limitation, the conveying of advice, information or direct or indirect help to an athlete by any means, including technical communication devices.
- Any person participating in the event without a current official event bib number or timing device or a bib or timing device not officially assigned to him/her is subject to removal and disqualification from future events.
- No persons are authorized to be on the course unless they are registered participants or authorized event staff. Therefore, no person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without the permission of

the event management, to receive assistance or refreshment from anyone during the progress of the event. Any person not properly displaying an official event bib number will be directed to leave the course.

- A hands-on medical examination during the progress of an event by officially designated medical personnel is not considered assistance and will not result in disqualification if the participant is deemed medically fit to continue in the race.

Participant safety

- The use of video devices and computers or similar devices by participants while in the event is prohibited. The use of wheeled devices by participants or any other person authorized to be on the course is strictly limited to: (a) authorized and registered wheelchair and handcycle participants and (b) authorized course marshals on bicycles. Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices will not be permitted. Participants are responsible for their recognition and understanding of event signage and symbols relating to participant maps, facilities and directions.
- Medical personnel authorized by the event to do so may examine any participant who appears in distress. If, in the sole opinion of authorized medical personnel, it is in the best interest of the participant's health and welfare, medical personnel may remove a participant from the event.
- Participants must retire at once from the race if ordered to do so by a member of the event staff, medical staff or any governmental authority, including fire and police officers.
- Participants are responsible and assume liability for any and all medical expenses incurred as a result of training for and/or participation in the event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.
- Event officials reserve the right to delay, cancel or suspend the race due to inclement weather, natural disaster, pandemic outbreak, or any other reason deemed appropriate by the event officials.

Result timing

- All participants are assigned a timing device prior to the event which is attached to their bib.
- Official times for participants will be the electronic timing device time (net time) from when the participant crosses the start line to the point where the participant crosses the finish line.
- Participants must wear their assigned timing device, which is permanently attached to their bib number, from start line to finish line to receive an accurate finish time.
- Participant net times that exceed the event time requirement (3 hours, 30 minutes) may not be recognized as official finishers.

Timing disqualification

- Participants found to be wearing two or more timing devices during the race will be disqualified and their results will not be recorded.
- Participants with missing or irregular split times at official timing checkpoints will be reviewed and may be disqualified.
- All finish times are reviewed before times are deemed official. Participants will be given the opportunity to appeal unofficial finish times before the finish times are made official.
- Participants must begin the event during the official recognized start time in order to register an official finish time.

Exceptions

- Any individual requesting a waiver of any of these rules must submit a written request no less than 30 days prior to the event date specifying the nature of and reasons for the request.

Amendments / reservations / acknowledgements

- Event officials reserve the right to modify, supplement or waive all or part of the event rules.
- Participants shall be bound by any modification or supplement of the event rules published prior to the event.
- Failure to follow these event rules, as may be amended, will result in immediate disqualification, loss of prizes and removal from official results.

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Race Results and Awards

Race Results and Awards

Preliminary race results will be posted at [2026 RESULTS](#) Intermittently as participants cross the finish line. The participants will receive a QR Code link to the results.

Any participant wishing to appeal or dispute their finishing time must do so in person with a race official at the Timing Station prior to 10:30 am.

Official results will be posted to [2026 RESULTS](#) on the day of the race.

Half Marathon & Half Marathon Relay

Wooden plaques will be awarded to the first place overall finishers of the Half Marathon in the Men's and Women's division.

Prize money will be awarded to the first place overall finishers in the Men's and Women's division. Prize money will be in the form of cash.

1st Place \$100 cash

1st place Male and Female winner of each age division will receive a pair of GOODR glasses, courtesy of our sponsor Makepeace Jewelers

Prize money in the form of cash will be awarded to the first place relay team.

1st Place \$100 cash
 (\$50 for each relay runner)

1st Place Relay runners will receive a pair of GOODR glasses, courtesy of our sponsor Makepeace Jewelers

All finishers will receive a race medal.

Buffalo Wild Wings 5K

Prize money will be awarded to the first place overall finishers in the Men's and Women's division. Prize money will be in the form of cash.

1st Place \$20 cash & pair of GOODR glasses,
courtesy of our sponsor Makepeace Jewelers

*Dr. Dan & Dr. Sarah
Reiffenberger*



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