Race the Tortoise 5K Run

**O’Leno State Park**

In order to participate in this program, one:

* Must have the ability to follow verbal and / or visual instructions independently or with the assistance of a companion.
* Must have the ability to enter and exit the facilities independently or with the assistance of a companion.
* Must have the ability to run or walk 3.1 miles on a paved road with up to a 15% gradient change.
* Must have the ability to withstand exposure to the outdoors for a period of 90 minutes, or as long as it takes to complete the coarse.