

Essential Eligibility Criteria

Topsail Hill Preserve State Park

Mosquito Dash 5K

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instruction independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for a period of 1- 3 hours.
- Must have the ability to traverse wet, sloped, sandy, uneven terrain, and paved roadways/trails for 3.1 miles, independently or with the assistance of a companion.
- Should be able to listen and understand information being shared by race staff and volunteers.
- Must have the ability to walk and/or move at a fast and steady pace.