

Eastern Standard Time	Optional - Roots & Ruts Off-Road 5K Run/Walk Schedule Day Three March 25, 2023 <i>(times subject to change)</i>	Location
7:30 a.m.	Parking Opens at The Els Center of Excellence 18370 Limestone Creek Road, Jupiter, FL 33458	Designated Parking Locations
8:15 a.m.	Welcome Announcement and National Anthem	Shanken Education Wing Parking Lot
8:30 a.m.	Roots & Ruts Off-Road 5K Begins	Starting line – Shanken Education Wing Parking Lot
8:30 a.m.	Sensory-Friendly Obstacle Course Opens	Shanken Education Wing Parking Lot
8:30 a.m.	Post-race Expo Begins	Sensory Arts Garden & Pavilion
11:00 a.m.	Sensory-Friendly Obstacle Closes	Shanken Education Wing Parking Lot
11:00 a.m.	Post-Race Expo Concludes	Sensory Arts Garden & Pavilion

