

GATE RIVER RUN

USA 15K CHAMPIONSHIP

MARCH 13, 2010

COME PARTICIPATE IN THE
LARGEST 15K IN THE
UNITED STATES!

Starting Times

EVENT STARTING TIMES

Florida Times-Union 5K Run & Walk for Charity	8:15 AM
Top 25 Women Start	8:25 AM
Gate River Run 15K	8:30 AM
adidas Junior River Run	11:00 AM
JTC Diaper Dashes	11:00 AM

RUNNER'S EXPO

Thursday, March 11th	11 AM-6 PM
Friday March 12th	11 AM-8 PM
Saturday March 13th	8 AM-11 AM

Registration Rules

1. Every participant must complete and sign an entry form.
2. Fill in dollar amounts in the fee structure portion of the entry.
3. Don't forget your age!
4. If you are requesting a seeded number (top 5,000 race number), you must enclose proof of your qualifying time with your entry form (no exceptions).
5. Entries must be postmarked no later than the dates indicated in the "Entry Fee Structure"
6. Incomplete entries and incorrect payments will be rejected!
7. Make checks payable and mail to :

**Gate River Run, 3931 Baymeadows Road,
Jacksonville, FL 32217**

March 13, 2010

8:30 AM

The Florida Times-Union 5K for Charity

8:15 AM

adidas Junior River Run

11:00 AM

Entry Fees

	15K	5K
Until January 31st	\$25.00	\$20.00
Feb. 1st - Feb. 28th	\$30.00	\$25.00
March 1st - March 9th	\$35.00	\$30.00
At Expo	\$40.00	\$35.00
13 and Under and 65+	\$20.00	\$15.00

**Jr. River Run & Diaper Dashes
are free at all times!**

It Pays to Run To Gate!

Send in a receipt for a Gate Food Post convenience store gasoline purchase of 10 gallons or more and deduct \$1.00 off your entry (Limit one per entry).

JTC Running Members

\$2.00 discount to all JTC Running members.

Sorry! No Refunds!

No raceday registration!

Free River Run Entry!

adidas, the official outfitter of the Gate River Run, is offering a free entry into the 15K. Purchase a pair of adidas shoes or merchandise (\$85.00 value) by March 9th and adidas will pay for your entry into the 15K. You will still be required to pay the \$2 chip rental fee. This offer is limited to the first 500 takers. You can make your purchase at any of the locations listed below.



3931 Baymeadows Road, Jacksonville, FL 32217
2016 San Marco Blvd, Jacksonville, FL 32207
2186 Park Avenue, Orange Park, FL 32073
424 South Third Street, Jax Beach, FL 32250

Entry forms are available starting Jan. 1st at:

Gate Food Posts	1st Place Sports
Toyota Dealerships	Wendy's
Publix	Pizza Palace

Walk-in entries will be accepted at any 1st Place Sports location from 10:00 AM until 6:00 PM, Monday thru Saturday until March 9th.

Entry Confirmation

Confirmation of your entry will be mailed to you if received by March 1st. If you don't receive a confirmation card, come to the Runner's Expo at the Jacksonville Fairgrounds Expo Center, and look for your name on the alphabetical list.

PLEASE!

Do not call to see if we have received your entry. All problems will be worked out at race packet pickup. You can view confirmed entries on-line at www.gate-riverrun.com starting February 1st.

Packet Pickup

There is absolutely no day-of-race packet pick-up for the 15K or 5K if you live in the Jacksonville area!

A three-day Runner's Expo will be held at the Jacksonville Fairgrounds Expo Center on Duval Street, next to Jacksonville Municipal Stadium.

- The dates of the expo are March 11th, 12th, and 13th.
- All participants are required to pick up their race packet, ChampionChip, & t-shirt at the expo.
- Packets may be picked up for you, but the person requesting the packet must have your confirmation card or a signed note from you stating that the person can pick up your packet along with a copy of your photo ID. No Exceptions!
- If you lose the card, you will have to come to the expo with an ID to pick up the packet,.

Non Residents:

If you live outside of Duval, Clay, Nassua, or St. John's counties and can not make it to the expo during regular expo hours, you can pay \$5.00 to pick up your race packet on race morning from 7:00 AM to 8:00 AM. We will then mail you a special colored confirmation card that you will need in order to pick up your packet. Without this card, you will not be able to pick up your race packet on raceday. **This option is for out-of-towners ONLY! No Exceptions!**

We do allow registration for the adidas Junior Run & Diaper Dashes on race day for free. Junior River Run participants should read the one mile entry form contained in this issue for number pickup information.

Pre-Race Activities

All pre-race activities will be held at the Jacksonville Fairgrounds located at the finish of the race on Duval Street next to Jacksonville Municipal Stadium.

Runner's Expo

Don't miss this part of the Gate River Run. The Runner's Expo, which is free and open to the public March 11th - March 13th, features over 100 booths that sell and

display running-related equipment and supplies, plus lots of health related booths.

Pre Race Dinner

The pre-race dinner, hosted by Pizza Palace, is a great way to get pumped for the race! Dinner includes all the spaghetti you can eat, a fresh salad, beer, drinks, water, and bread. You can pay for your dinner in advance by indicating it on your entry form, or just pay at the door. Dinner will be served from noon till 8:00 PM on Friday, March 12th, in the Expo Hall at the Fairgrounds.

Cost Adults \$9.00 Children \$5.00

Meet Bill Rogers and Todd Williams

Bill won the first River Run 31 years ago, and is a running legend. Todd is the only five time winner of the GRR. You can meet Bill & Todd at the Gate booth at the expo for autographs and pictures.

Train Like a Pro

Whether it's your first Gate River Run or you're training for a peak performance, let Hal Higdon, noted training consultant, author and senior writer for Runner's World Magazine, be your personal trainer. It's all FREE simply by going on-line at www.halhighdon.com.

Post-Race Entertainment

Right after the race stick around for the Publix Post-Race Celebration and groove to the tunes of Big Al and the Kaholics. There will be kids games, clowns and face painting.

Lots of Fun for the Whole Family

Bring the kids! Along with the adidas Junior River Run and Diaper Dashes, we will also have clowns, face painting, inflatable games and more!

Important Race Information

Start of the 5K

All participants in the 5K should be at the starting line at 8:00 AM. The 5K start is in lot J near Gator Bowl Blvd. on the west side of the Jacksonville Municipal Stadium. The 5K will start at 8:15 AM by voice command. Please try to line up in accordance with the pace you expect to maintain during the event. Runners in front and walkers to the back.

Start of 15K

All runners and walkers will start together on Gator Bowl Boulevard between the Stadium and Metropolitan Park. The front of the starting line will be fenced for the top 5,000 qualifying runners (see How You Can Start Up Front below for more information). All runners should be lined up in the starting line area by 8:00 AM. The road in front of the starting line must be clear for the start of the Equalizer Race, which starts at 8:25 AM. Do not try

to enter the starting line from the front unless you are in the top 300 seeded runners. **Access will be denied!** Race numbers 301 to 5,000 must enter the fenced area from the back gate. Race numbers above 5,000, must line up behind the fenced area on a first-come-first-served basis. **Walkers must start at the back of the starting area at the walkers start banner.**

Course Information

All miles will be marked and digital clocks will display the elapsed time at each mile mark. Water Stations and toilets will be located throughout the course, and entertainment will be provided each mile during the race.

How You Can Start Up Front

The top 5,000 starting positions will be reserved for the fastest qualifying runners. The first fenced area will be for runners with numbers 300 and under. The second fenced area will be for runners 301 to 5,000. To qualify for one of these seeded numbers, you must meet the following requirements:

1. Run a qualifying time listed below within the past year.
2. Submit proof of that time with your entry. **We will not look up results!**
3. Proof must be a copy of the official results from the qualifying race. You can cut and paste results into an email to firstplacesports@mindspring.com if you entered online.
4. Seeding will be on a first-come basis for the 5,000 spots.
5. Qualifying must be done prior to submitting your entry.
6. Seeded spots filled up early last year. Enter fast!

Publix Post Race Celebration

After you finish the race, head over to the Fairgrounds and enjoy the Post Race Celebration. Publix will be providing lots of free food and drink, plus Big Al and the Kaholics will rock the Fairgrounds with music to fit the occasion. Awards will be presented at the stage starting at 10:30 AM. Overall, masters, Florida Cup, and the First Coast Cup will be presented. Age group awards will be mailed to all winners.

Race Results

Complete race results for the 15K will be available on

the internet at <http://www.gate-riverrun.com> at 6:00 PM on race day. The Florida Times-Union will feature full coverage with many of the top finishers the day after the race.

ChampionChip Timing

Participants in the 15K will be issued a disposable, recycleable timing chip at the Runner's Expo. The Chip must be worn on your shoe at all times during the race. If you do not wear a chip, you will not be timed and will not be counted as an official finisher. All runners must cross the timing mats at the starting line. This will enable us to give you a net time (the time from when you crossed the starting line until you finish). We will also be chip timing at the 5K and 10K splits to ensure that all finishers run the complete course.

Parking For The Race

Please park in the lots at the Stadium. Arrive early to avoid delays! More information about parking will be in your race packet.

Awards

\$85,000 to U.S. Citizens as follows:

Overall

Cash to the top ten men and women as follows: 1st \$12,000, 2nd \$5,000, 3rd \$3,000, 4th \$2,000, 5th \$1,000, 6th \$900, 7th \$800, 8th \$700, 9th \$600, 10th \$500.

New TenBroeck Team Cup

From *JTC Running*, a new Elite Team Competition. \$20,000 purse will be awarded in the team competition as follows: Top 3 overall male and female teams receive \$6,000, \$3,000, and \$1,000.

Bonuses

Equalizer Bonus (First Male or Female)	\$5,000
World Record Bonus (41:29) (46:57)	\$10,000
American Record Bonus (42:22) (47:15)	\$5,000
Course Record Bonus (42:22) (47:15)	\$3,000

Masters

Top three men and women.

1st-\$1,000

2nd-\$500

3rd-\$250

Qualifying Times

	5K	5 Mile	10K	15K	10 Mile	1/2 Marathon	Marathon
Top 300	19:00	32:00	40:00	1:01:00	1:06:00	1:30:00	3:05:00
301-1000	22:00	38:00	47:00	1:12:00	1:16:00	1:44:00	3:37:00
1001-2000	24:00	40:00	49:00	1:15:00	1:22:00	1:47:00	3:50:00
2001-3000	27:00	44:00	55:00	1:24:00	1:32:00	2:02:00	4:12:00
3001-4000	29:00	47:00	58:00	1:30:00	1:38:00	2:10:00	4:25:00
4001-5000	30:00	49:00	1:02:00	1:33:00	1:42:00	2:15:00	4:40:00

Equalizer Bonus

The top 25 seeded women will start 5 minutes ahead of the rest of the field. The first person (male or female) to cross the finish line will receive a \$5,000 bonus. This bonus is based on the difference between the men's and women's American record for the 15K distance.

Florida Cup

\$200 to the first male and female Florida Finisher. Must be a resident of Florida for the past six months.

First Coast Cup

\$100 to top male and female. Must be resident of Duval, Clay, Nassau or St. Johns County for the past six months.

Age Group Awards

Top 5 in each of the following 15K age-groups: 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over. Age group awards will be mailed to all winners.

Top Ten Percent Awards

Custom-designed adidas running caps will be given to the top ten percent of male and female finishers. These awards will be distributed at the finish line.

Finisher Medals

The Gate River Run is proud to present a special custom-designed medal to all 15K finishers. Each 15K finisher will receive their medal in the finish area after chip return.

Accommodations

The Wyndham Jacksonville Riverwalk Hotel located on the Southbank Riverwalk in downtown Jacksonville will be host hotel for the race this year. The Wyndham which is offering a special rate of \$99.00, is located at 1515 Prudential Drive near the 2 mile mark of the race. The Gate River Run Hall of Fame is located next to the Wyndham in the RiverPlace Tower on the concourse level. The Hall features all 31 years of Gate River Run history and the Wall of Fame featuring all inductees. To make reservations, call (904) 396-5100.

Personalized Race Numbers!

For the third year in a row, we are personalizing your race numbers! If you register by February 15th, your name will be printed on your race number. When you pick up your race number, your name will be printed on the front of your number in large print!



Bring your entry form to any of the 1st Place Sports locations listed below or mail it with your entry fee to:
Gate River Run, 3931 Baymeadows Road, Jacksonville, FL 32217.

2016 San Marco Blvd, Jacksonville, FL 32207
3931 Baymeadows Road, Jacksonville, FL 32217
424 South Third Street, Jacksonville Beach, FL 32250
2186 Park Avenue, Orange Park, FL 32073

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<small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I also understand that in the event that this race has to be cancelled for any reason beyond the control of race management that my entry fee will not be refunded. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return my ChampionChip transponder or I will be billed \$30.00 as replacement cost. I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>																																																																																			
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