



We would like to invite your school to participate in the 2012 adidas Junior River Run training program. Last year over 2,400 children participated in this training program which is designed to get children ages 13 and under ready for the adidas Junior River Run. This run is one mile and will be held right after the Gate River Run on March 10, 2012 at 11:00 AM. This is how the program works:

- adidas has joined forces with 1st Place Sports in an effort to teach children that running can be fun, and hopefully increase their interest in exercise.
- A coach or P.E. Instructor must complete required information and return to our office by December 15, 2011.
- The training program and the run are free. All children submitted on the school training roster by December 15th will receive a free adidas training for the Junior River Run t-shirt and a free entry into the adidas Junior River Run to be held on March 10, 2012. Training shirts will be available the first of January and can be picked up by coaches at our Baymeadows Race Office.
- The program is eight weeks and should begin right after the Christmas break.
- Medals will be given to all finishers of the 1 Mile Run.

The training program would be conducted at each school's discretion during or after school hours, possibly during P.E. by school staff. The program must be a minimum of eight weeks and should begin after the holiday break. The goal is to have each child run a total of 8.3 miles prior to reporting to the starting line of the adidas Junior River Run. Thus the one mile fun run would give them a total of 9.3 miles or 15K, the distance of the Gate River Run.

Enclosed are the following forms that must be returned to us:

1. A school participation form that you must fill out stating that your school is interested in participating.
2. A school roster form that you should return to us with each child's name, age, and t-shirt size that agrees to participate in the training program. Forms must be received by December 15, 2011 to qualify for free t-shirts.
3. An adidas Junior River Run entry form for each child in the program will need to be filled out and signed by a parent or legal guardian. These forms should be collected at the school and returned to us with the school roster form no later than December 15, 2011.

We hope that your school will participate and help us make this program even more successful than last year!

Sincerely,

A handwritten signature in black ink that reads "Doug Alred". The signature is written in a cursive, flowing style.

Doug Alred, Race Director

 **adidas®** **Junior River Run**

SCHOOL PARTICIPATION FORM

School_____

School Address_____

City_____State_____Zipcode_____

Person in Charge_____

Email Address_____

Telephone Number(s)_____

Please return this form as soon as possible. Mail to:

adidas Junior River Run
3931 Baymeadows Road
Jacksonville, FL 32217

Race Hotline: (904) 731-1900



Junior River Run

SCHOOL ROSTER FORM

School _____

Person(s) in Charge _____

Telephone Number(s) _____

Return by December 15, 2011
Return to: adidas Junior River Run
3931 Baymeadows Road
Jacksonville, FL 32217

Signed Waivers for each child must be turned in with this roster.

Student Name	Age	T-shirt Size
		Indicate youth size with Y
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____
19. _____	_____	_____
20. _____	_____	_____



One Mile Training Run Program

This program is designed to help prepare a beginning runner to run the adidas Junior River Run. The key is to follow the schedule and make sure the children are working at a comfortable pace. The program is designed to keep the child moving continuously for ten minutes. Good luck to your runners and thank your for your support of our event.

Week	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
1	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	Off
2	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	Off
3	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	Off
4	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	Off
5	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	Off
6	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	Off
7	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	Off
8	10 min run	Off	10 min run	Off	10 min run	Off	Off
9	10 min run	Off	5 min run	Off	Off	Jr. River Run	

ADIDAS JUNIOR RIVER RUN

March 10, 2012 • 11:00 AM • Jacksonville Fairgrounds
A Free One Mile Run for Kids



Official Junior River
Run Sponsor:



AN OFFICIAL RACE OF THE GATE RIVER RUN 2012

adidas, The Gate River Run, and JTC Running are proud to present the 13th annual adidas Junior River Run. It's free to any child 13 years and younger. All you have to do is fill out the entry form on the next page, and follow the registration and packet pick up instructions listed below. Last year 2,400 children ran and more are expected in 2012. All children who sign up for the in-school training program will receive a free t-shirt. All children who complete the one mile fun run will receive a t-shirt and goodie packet on raceday!

HOW TO REGISTER

All children must submit a completed entry form signed by their parent. You can either submit the entry through the mail to the address on the entry form, or give it to the PE instructor at your school if your school is participating. The entry fee is free. All children who complete the mile run will be given an official t-shirt and goodie packet when they finish.

RACE INFORMATION

There will be four separate one mile races for boys and girls as follows:

Starting Time	Group to Start
11:00 AM	Boys 9 and under
11:15 AM	Girls 9 and under
11:30 AM	Boys 10 to 13
11:45 AM	Girls 10 to 13

ASSEMBLY AREA

All children should meet in the Jr. River Run assembly area located near the start on Duval Street in front of the Jacksonville Fairgrounds. The start will be near the intersection of Duval Street and Randolph Boulevard. Each group will assemble in this area about 10 minutes prior to their starting time. The start, finish, and course will be totally monitored by police and race officials. Parents should wait for their children in the assembly area. You will be able to watch the start and finish from this location. Start groups will be called from this area. Parents can run with their

children, but if you think your child can handle this event without you, we would appreciate your waiting for the child at the finish line.

STARTING THE RACE

The start is on Duval Street in front of the Jax Fairgrounds. The race will run west on Duval Street doing an out and back mile to finish inside the Fairgrounds near the starting line. Children should not move into the starting area on Duval Street until instructed to do so by the race announcer. Each group will be moved into the starting area based on the times listed. Each group will be started by the sound of the cannon.



FINISHING THE RACE

The race finishes in the Fairgrounds on the other side of fence from where the race started. As each

