

Great Train Race Mile

RACE DATE: May 2, 2010

Race will be held rain or shine. In case of lightning or thunder in the area, heats will be postponed until the storm passes. You can wait for the storm to pass in your car. Heats in starting area will wait out the storm under the railroad tracks.

Preparing for the Race

What to Wear? – Though you are given a race T-Shirt, you are not required to wear the T-shirt at the race. You may have a T-shirt that you really like. Wear clothes and shoes that you feel comfortable running in. You have probably used this clothing in your training runs. **You need to pin your race number to the front of your shirt.** This way, race officials will be able to identify who you are in the pictures that they take.

Wear Number on Front →



Safety Instructions

No Car Policy – You need to finish the course under your own power. If you are injured, stop, a course marshal or cyclist will summon first aid and your parents. Under no circumstance will you be placed in a private vehicle to be transported or directed to a short cut of the course.

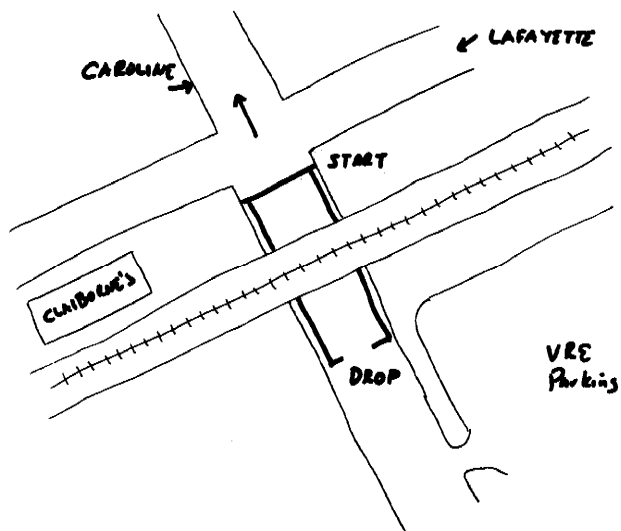
Lost Child Guidance – If you lose your parents, go to the finish area. We'll make the announcements to help you find each other.

Finish Line Meeting Information – If you are younger than 9 years old, after finishing, you will be required to stay in the finish pen, until your parents come get you. If you are older than 8 years old, you will be allowed to leave the finish area unaccompanied. Once outside the finish area, you and your parents need to pick a meeting spot in case you get separated.

Time Schedule

Heat #		Report to Start Area	Chip Assignment Starts	Warm Up Starts	Race Start Time	Average Finish Time
1	Boys 12-13	7:00am	7:00am	7:15am	7:30am	7:39am
2	Girls 12-13	7:15am	7:15am	7:30am	7:45am	7:54am
3	Boys 14 and over	7:30am	7:30am	7:45am	8:00am	8:08am
4	Girls 14 and over	7:45am	7:45am	8:00am	8:15am	8:23am
5	Boys 11	8:00am	8:00am	8:15am	8:30am	8:39am
6	Girls 11	8:15am	8:15am	8:30am	8:45am	8:54am
7	Boys 10	8:30am	8:30am	8:45am	9:00am	9:09am
8	Girls 10	8:45am	8:45am	9:00am	9:15am	9:24am
9	Boys 9	9:00am	9:00am	9:15am	9:30am	9:40am
10	Girls 9	9:15am	9:15am	9:30am	9:45am	9:55am
11	Boys 8	9:30am	9:30am	9:45am	10:00am	10:10am
12	Girls 8	9:45am	9:45am	10:00am	10:15am	10:25am
13	Boys 7	10:00am	10:00am	10:15am	10:30am	10:40am
14	Girls 7	10:15am	10:15am	10:30am	10:45am	10:55am
15	Boys 6 and under	10:30am	10:30am	10:45am	11:00am	11:10am
16	Girls 6 and under	10:45am	10:45am	11:00am	11:15am	11:25am

Start Instructions



Based on the time schedule, you want to be at the gate to the start area (DROP) at your report to start area time. You will be moved into the secured start area. There is room outside of the start area gate (DROP) where you can wait with your parents.

Once in the start area, find the sign with the range of numbers that matches your bib number. For instance, if your bib number is 145, you would find the sign 101 to 200 and stand in that line.

A volunteer will give you an ankle strap and computer chip and you will move past the chip distribution tents.

In this area, you will be helped to attach the computer chip to your right ankle. And, then you will wait until the heat before your heat has started. If you do not finish the race, you must still go to the finish area and return your computer chip.

Once the heat before your heat starts, you will be able to participate in warm up exercises.

The race will start – have a super time.

Parent Participation

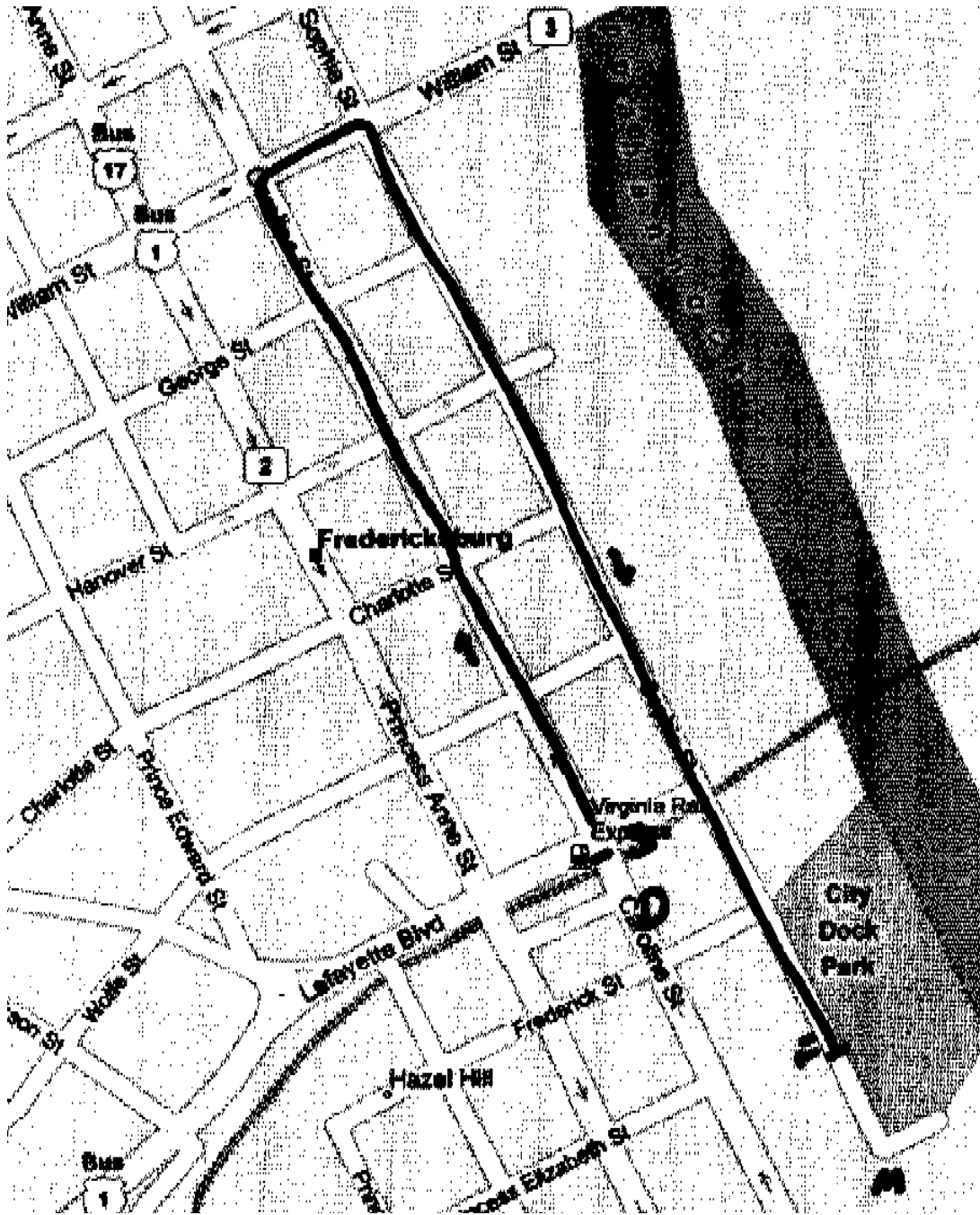
If your child is younger than 8 years old, for safety, you may run behind your child. Enter the start area with your child. As an adult you will not have a race number or computer chip. Stay with your child through to the warm up area.

On the course, you must run directly behind your child at all times. Upon instruction of a course marshal, you may move along side your child.

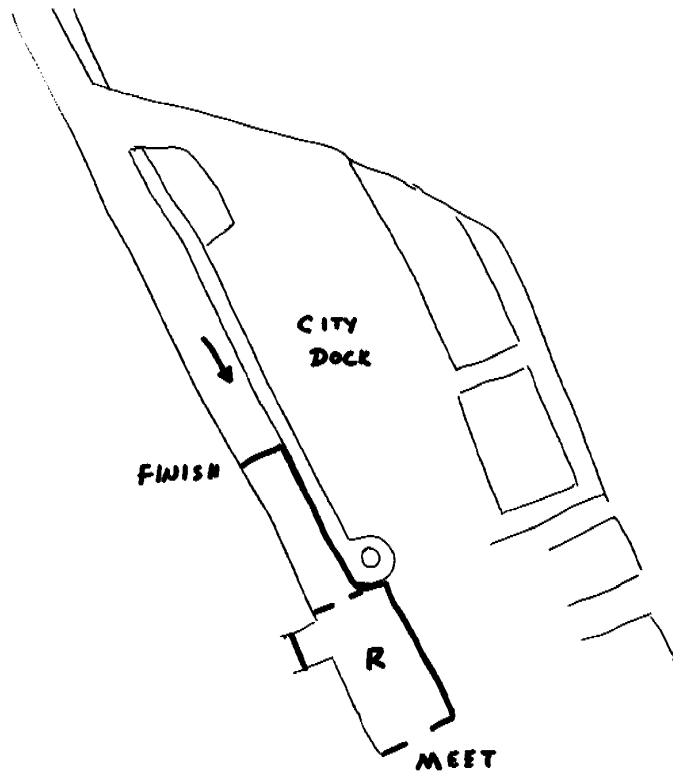
At the finish line, cross the finish line with your child and stay with them through the end of the finish area. As an adult, you will not receive a finish time or a medal and remember the refreshments are for the children.

Course Description

Start on Caroline Street at Lafayette Blvd. Go West on Caroline Street, turn right on William Street, turn right on Sophia Street to the finish at the City Dock.



Finish Instructions



Once you have crossed the finish line, your chip will be removed and when exiting, you will be given a special award. There are refreshments for you in this area (R). If you are under 9 years old, you will not be permitted to leave the refreshment area without a parent. If you are over 8 years old, you will be permitted to stay in the refreshment area until a parent comes for you.

Parents: All runners should be out of the finish area before the next heat finishes. For children under 9 years old, meet them at gate (MEET).

If you do not finish the race, you still must turn in your race chip at the Finish Area.

Award Ceremonies

Held at Hildrup trailer in City Dock parking lot

8:30am	Heats 1 to 4	ages 12 and older
9:30am	Heats 5 to 8	ages 10 and 11
10:30am	Heats 9 to 12	ages 8 and 9
11:45am	Heats 13 to 16	ages 7 and under