



**March 14, 2009**

**8:30 AM**

**The Florida Times-Union 5K for Charity**

**7:45 AM**

**adidas Junior River Run**

**11:15 AM**

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

### Starting Times

#### EVENT STARTING TIMES

Florida Times-Union 5K Run & Walk for Charity	7:45 AM
Top 25 Women Start	8:25 AM
Gate River Run 15K	8:30 AM
adidas Junior River Run	11:15 AM
JTC Diaper Dashes	11:15 AM

#### MPS GROUP RUNNERS' EXPO

Thursday, March 12th	11 AM-6 PM
Friday March 13th	11 AM-8 PM
Saturday March 14th	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 2,000 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**

### Entry Fees

	<b>15K</b>	<b>5K</b>
Until January 31st	\$28.00	\$22.00
Feb. 1st - Feb. 28th	\$30.00	\$24.00
March 1st - March 9th	\$35.00	\$25.00
At Expo	\$40.00	\$30.00

**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).

### Jacksonville Track Club Members

\$2.00 discount to all Jacksonville Track Club 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  
550-7 Wells Road, Orange Park, FL 32073  
424 South Third Street, Jax Beach, FL 32250

### Entry forms are available 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 MPS Group Runners' 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](http://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 MPS Group Runners' 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 12th, 13th, and 14th.
- 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.

### MPS Group Runners' Expo

Don't miss this part of the Gate River Run. The MPS Group Runners' Expo, which is free and open to the public March 12th - March 14th, 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 13th, 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](http://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 7:30 AM. The 5K start is directly in front of the 15K starting line near Gator Bowl Boulevard. The 5K will start at 7:45 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 2,000 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 200 seeded runners. **Access will be denied!** Race numbers 201 to 2,000 must enter the fenced area from the back gate. Race numbers above 2,000, 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 2,000 starting positions will be reserved for the fastest qualifying runners. The first fenced area will be for runners with numbers 200 and under. The second fenced area will be for runners 201 to 2,000. 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](mailto:firstplacesports@mindspring.com) if you entered online.
4. Seeding will be on a first-come basis for the 2,000 spots.
5. Qualifying must be done prior to submitting your entry.
6. Seeded spots filled up early last year. Enter fast!

### Qualifying Times

Distance	Women	Men
5K	27:00	24:00
8K or 5 miles	45:00	40:00
10K	57:00	49:00
15K	1:30:00	1:15:00
10 Miles	1:37:00	1:22:00
1/2 Marathon	2:05:00	1:47:00
Marathon	4:15:00	3:50:00

### 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 timing chip at the MPS Group Runners' 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. If you lose or do not return your chip, you will be billed the \$30.00 replacement cost.

### 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

### \$65,000 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.

#### 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

#### 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.

