



We would like to invite your school to participate in the 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 Junior River Run. This run is one mile and will be held right after the Gate River Run 15K at 11:00 AM. This is how the program works:

- 1st Place Sports and JTC Running are trying to teach children that running can be fun, and hopefully increase their interest in exercise!
- A coach or P.E. Instructor must complete the required information packet and return it to our race office by December 19th: 3931 Baymeadows Rd., Jacksonville, FL 32217
- The training program and the run are free. All children submitted on the school training roster by December 19th will receive a free "Training for the Junior River Run" t-shirt and a free entry into the Junior River Run. Training shirts will be available the first of January and can be picked up by coaches at our Baymeadows Race Office. We will notify you by email when the shirts are ready for pickup.
- The training program is eight weeks and should begin right after the Christmas break.
- Finisher Medals will be given to all finishers of the Junior River Run!

The training program can 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 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 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 19th to qualify for free t-shirts.
3. A 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 19th.

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

# Junior River Run

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## SCHOOL PARTICIPATION FORM

School\_\_\_\_\_

School Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zipcode\_\_\_\_\_

Person in Charge\_\_\_\_\_

Email Address\*\_\_\_\_\_

\*We will contact you by email to notify you when the training shirts are ready to be picked up!

Telephone Number(s)\_\_\_\_\_

\_\_\_\_\_

Please return this form, along with the roster form and all completed entry forms as soon as possible. Deadline to reserve tshirts is December 19th!

Mail to:

Junior River Run

3931 Baymeadows Road

Jacksonville, FL 32217

Race Office: (904) 731-1900

# Junior River Run

## SCHOOL ROSTER FORM

School Name: \_\_\_\_\_

Return by December 19th to 3931 Baymeadows Road, Jacksonville, FL 32217

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

<u>Student Name</u>	<u>Age</u>	<u>T-shirt Size</u>
		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. _____	_____	_____
21. _____	_____	_____
22. _____	_____	_____
23. _____	_____	_____
24. _____	_____	_____
25. _____	_____	_____

Please make copies of this page if needed

Total Tshirt Count for **THIS** page: YS: \_\_\_\_\_ YM: \_\_\_\_\_ YL: \_\_\_\_\_ S: \_\_\_\_\_ M: \_\_\_\_\_ L: \_\_\_\_\_ XL: \_\_\_\_\_

\*\*We use the above totals to package your schools training shirts. Please make sure they are accurate!



## One Mile Training Run Program

This program is designed to help prepare a beginning runner to run the 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	Wednesday	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	

# JUNIOR RIVER RUN

March 12, 2016 • 11:00 AM • Jacksonville Sports Complex  
A Free One Mile Run for Kids



## AN OFFICIAL RACE OF THE GATE RIVER RUN

The Gate River Run and **JTC Running** are proud to present the 20th annual Junior River Run. It's free to any child 13 years and younger. All children who sign up for the in-school training program will receive a free training 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.

### RACE INFORMATION

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

<u>Starting Time</u>	<u>Group to Start</u>
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 to ensure the safety of all participants. 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 your 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 group finishes, they will pass through the finish area, receive their race packet, t-shirt, and then move back into the assembly area. The finish line area will be restricted to participants and volunteers only. Parents should wait in the assembly area outside the finish area for their children.

### RACE NUMBER PICK UP

All participants in the Junior River Run must pick up their race number prior to the start of their race. If you are participating as part of a group from one of the participating schools, your coach may pick up and distribute your number. Otherwise, you must report to the Runner's Expo at the Jacksonville Fairgrounds on Thursday, March 10th from 11:00 AM until 6:00 PM, or on Friday, March 11th from 11:00 AM until 8:00 PM. You can also pick up your race number on raceday, March 12th in the Runner's Assembly Area from 10:00 AM until 11:00 AM.

### IN-SCHOOL TRAINING PROGRAM

All students who participate in the eight week training program will receive a free training plan and a Jr. River Run training t-shirt. The purpose of the program is to familiarize our youth with the benefits of exercise and of course get them ready for race day. The idea is to have the children run 8.3 miles in their training program, and then run one mile on River Run Day. That would mean they have covered the full 15K distance. **We hope your school will get involved!**

# JUNIOR RIVER RUN

## Official Entry Form

OFFICIAL USE ONLY

Name of School \_\_\_\_\_

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First Name

Last Name

		M	F	S	M	L	X	S	M	L
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Age on Race Day

Sex

Adult Cotton T-Shirt Size

Youth Cotton T-Shirt Size

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Street Address

Apt. #

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City

State

Zipcode

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Telephone Number

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, including DRA CRT Baymeadows Center, LLC, Colonial Properties Trust, and 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.

Parent please sign here.

Date Signed \_\_\_\_\_

# JUNIOR RIVER RUN

## Official Entry Form

OFFICIAL USE ONLY

Name of School \_\_\_\_\_

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First Name

Last Name

		M	F	S	M	L	X	S	M	L
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Age on Race Day

Sex

Adult Cotton T-Shirt Size

Youth Cotton T-Shirt Size

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Street Address

Apt. #

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City

State

Zipcode

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OFFICIAL USE ONLY

Name of School \_\_\_\_\_

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First Name

Last Name

		M	F	S	M	L	X	S	M	L
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Age on Race Day

Sex

Adult Cotton T-Shirt Size

Youth Cotton T-Shirt Size

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Street Address

Apt. #

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City

State

Zipcode

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