



Participant Instructions

Please Visit the RACE WEBSITE (www.virginia10miler.com) and read the OFFICIAL 2011 VIRGINIA 10 MILER RACE GUIDE

RACE START TIMES/CUT-OFFS

Virginia 10 Mile Run 8:00am Virginia 4 Mile Run 8:10am Virginia 4 Mile Walk 8:15am

- Please Note: 4 Mile Finish Closes at 9:45am
- All runners/walkers on Rivermont Avenue after 9:30am will be moved to sidewalk, failure to comply will result in disqualification

CAUTION: STAY TO YOUR LEFT STAY TO YOUR LEFT

BOTH 10 AND 4 MILE PARTICIPANTS WILL BE ON THE SAME COURSE AT THE SAME TIME. 4 MILE WALKERS AND RUNNERS PLEASE STAY TO YOUR LEFT TO AVOID RETURNING 10 MILE RUNNERS.

PRE REGISTERED PACKET PICKUP

It is highly recommended participants pick up their race packet on Friday September 23rd (4:30pm – 7:30pm). **Please note that packet pickup for the Amazing Mile Children's Run will be held Thursday September 23rd (4:00pm – 7:00pm).** Thursday and Friday packet pickups will take place at the Amazement Square Education Warehouse, 27 9th Street, Lynchburg, VA 24504.

Pre registered participants can also pick up packets at E.C. Glass High School race day (9/24) beginning at 6:30am. Pre registered pickup will close at 7:15am.

Participants can review their registration by visiting the race's website; www.virginia10miler.com. Please bring with you a copy of your email race receipt. You can resend one to the email address used to register from the race's website.

Participants can also pickup packets for friends/family members upon presenting a registration confirmation for that friend/family member.

NEW REGISTRATION

Note that "new" race registration will take place at Amazement Square Education Warehouse (Fri. 9/24) 4:30-7:30pm **and race day (Sat. 9/25) 6:30-7:00am. Extra t-shirts are very limited.** Cash or check accepted for payment. Credit Cards will not be accepted.

Virginia 10 Mile Run \$60 Virginia 4 Mile Run \$45 Virginia 4 Mile Walk (SOLD OUT)

ONLY 20 ENTRIES REMAIN FOR THE VIRGINIA 4 MILE RUN. ENTRIES WILL BE ACCEPTED UNTIL THESE SPOTS ARE FILLED. THOSE INTERESTED SHOULD ARRIVE TO FRIDAY'S PACKET PICKUP EARLY.

DOWNTOWN PARKING/SHUTTLE (FRIDAY SEPTEMBER 23RD)

Hundreds of parking spaces are available to runners in downtown Lynchburg. There is no charge for parking after 5pm. Runners are encouraged to park on city streets and city parking facilities. **A FREE "Amazing Race" shuttle is being offered Friday evening.** Bus stops are located at the James River Conference Center, Community Market, Holiday Inn Select, Craddock Terry Hotel, and 9th / Commerce Street. Shuttle route, map, and more information can be found on the race website. Please enjoy the "Amazing Race" shuttle. It's free and convenient.

A Map of Downtown Parking and Shuttle Schedule is located on the race website:

www.virginia10miler.com

PARKING (SATURDAY SEPTEMBER 24TH)

Race participants are encouraged to allow extra time for parking at EC Glass H.S.. City streets surrounding EC Glass H.S. can be used for parking.

CENTRA Employees are asked to park in Centra parking lots off Langhorne Road.

THE PLAZA shopping center is also available for parking. It is suggested participants park near Jones Memorial Library and cross Lakeside Drive onto EC Glass H.S. property.

Please respect private property. Please review the RACE GUIDE for official street closing schedule.

CHRONOTRACK Timing System

ChronoTrack technology can be found attached to your race number this year. ***DO NOT REMOVE THE TIMING TAG FROM YOUR RACE NUMBER.*** Please check to ensure that your D-tag number matches your race number. Look for specific instructions in your race bag and on the race website. If your timing tag is removed from your race number you will not receive a time or place.

RUNNER BAG DROP

Runners can leave their valuables at the "Runner Bag Drop" area located near the portable restrooms at E.C. Glass High School. Your race number is your receipt. You must present your race number to pick up your bag after your race.

RESTROOMS

Water and Gatorade will be available to runners approximately every 2 miles. Restrooms will be available to runners at the start/finish areas, Waterstop at Macon Bookshop (4.25/5.75mi) and entrance to Riverside Park.

4 MILE FINISH SHUTTLE BUS

The Virginia 4 Mile Run/Walk will finish on the campus of Randolph College. Lynchburg City Schools will be providing 12 busses to shuttle participants back to EC Glass H.S.. Shuttle service is located on Norfolk Ave, bottom of Magnolia Foods Parking lot. First bus will leave at 9:00am. Last bus will leave at 10:00am. Drop off will be at Memorial and Langhorne Rd. More than 1,500 runners will finish at Randolph College. Please be patient and expect to wait for busses. ***YOUR RACE NUMBER IS YOUR BUS TICKET. BUS SERVICE IS ONLY AVAILABLE FOR RUNNERS/WALKERS WITH A RACE NUMBER.***

MILE MARKS

Miles are marked each mile. Volunteers will call out splits. A timing mat is located in Riverside Park at 5 miles and your 5 mile time will appear in the results.

WATER STOPS

Waterstops with water and Gatorade are located at miles 1.5/8.5, 3.5/6.5, 4.2/5.8. There will not be a waterstop in Riverside Park.

LIVE MUSIC

5 live bands will be located on course. Have fun. It's ok to dance and run/walk. Please review the race guide for locations.

***** REVIEW THE OFFICIAL RACE GUIDE IN YOUR RACE PACKET FOR INFORMATION ON STREET**

CLOSINGS ***

AGE GROUP AWARDS

Please review the Official Race Guide for specific information on age group awards and prize money. Runners can pick up their awards at the Age Group awards table located near the Runner Bag Drop as soon as results are available. Awards will not be mailed. There will be an Overall Award Ceremony (Top finishers / Masters / Grand Masters) on the main stage at 9:55am.

POST RACE CELEBRATION

Upon completion of your event you are invited to a POST RACE CELEBRATION at EC Glass High School. Food and refreshments are available to all participants with a race number. The Skyler McCurely Band will be playing post race.

DONATE SHOES!

Help us reach our goal of collecting 5,000 pairs of running shoes. Bring your old shoes to donate. Look for the Sports Outreach table at packet pickup and on race day!

BRIGHTROOM PHOTOGRAPHY

Brightroom Photography will be on course taking pictures of runners. Make sure you sign up to be contacted when your race photos are ready. Visit the race website for more info:
www.virginia10miler.com

BABY JOGGERS / STROLLERS

Due to the size and density of this event, baby joggers and strollers are prohibited. The inclusion of strollers in races increases the potential for injury to race participants and children.

PETS

Please leave your pets at home. We love dogs, cats, monkeys, and goldfish. However, some of your fellow runners would prefer a pet free experience. For the safety of all runners and your pet. Please leave them at home.

Schedule of Events

Thursday September 22, 2011

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| 4:00-7:00pm | Packet Pickup Amazing Mile Children's Run | Amazement Square |
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Friday September 23, 2011

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| 4:30-5:30pm | Packet Pickup Amazing Mile Children's Run | Amazement Square |
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| 4:30-7:30pm | Registration & Packet Pickup VA 10/4 | Amazement Square |
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| 4:30-7:30pm | Family Festival (outside, live music) | Amazement Square |
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| 6:00 – 6:45pm | Start Amazing Mile Children's Runs | Amazement Square |
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| 6:45pm | Rocknocus – Children's Entertainment | Amazement Square |
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| 7:30pm | Festival / Packet Pickup Closes | Amazement Square |
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Saturday September 24, 2011

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| 6:30-7:00am | New Registration | EC Glass H.S. Auditorium Lobby |
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| 6:30-7:30am | Pre Registration Packet Pickup | EC Glass H.S. Auditorium Lobby |
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| 7:00-10:00am | Sponsor Villiage | EC Glass H.S. Lawn |
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| 7:45am | Opening Ceremony / Color Guard | Start / Finish Line |
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| 8:00am | Start of 10 Mile Race | Start / Finish Line |
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| 8:10am | Start of 4 Mile Run | Start / Finish Line |
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| 8:15am | Start of 4 Mile Walk | Start / Finish Line |
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| 9:55am | Overall Awards Ceremony: Virginia 10/4 Miler | Main Stage |
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*** REVIEW THE OFFICIAL RACE GUIDE IN YOUR RACE PACKET FOR INFORMATION ON STREET CLOSINGS ***

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