

The Pueblo Chieftain's 32nd Annual Spring Runoff Sunday, March 7, 2010

1.6-Mile Walk, 5K Run, 10K Run, 10-Mile Run
Plus One-Mile Youth Race and Toddler Race
Dutch Clark Stadium
1000 W. Abriendo Ave, Pueblo, CO

- PLEASE READ THIS ENTRY FORM CAREFULLY.
- PLEASE NOTE THAT THIS RACE WILL BE RUN DESPITE THE WEATHER, SO BUNDLE UP OR DRESS LIGHT DEPENDING UPON YOUR COMFORT ZONE.
- DUE TO INSURANCE NO DOGS OR STROLLERS WILL BE ALLOWED.

****Note: Deadline is 8:15 a.m. race day, this is absolute, so we can guarantee the race will start on time!**

Toddler Race – 8:45 a.m.

- Toddler Race begins on the field in Dutch Clark Stadium

Spring Runoff - Four events – be in place to start at 9:00 a.m.

These events begin in the parking lot of Dutch Clark Stadium

- 1.6-Mile Walk
- 5K Run
- 10K Run
- 10-Mile Run

A long sleeved Technical racing shirt will be given to each entrant in the 1.6 Mile Walk and 5K / 10M / 10K races.

** Special "It's Funner to Be a Runner" One-Mile Youth Race – 10:45 a.m.

A special one-mile race on the track at Dutch Clark Stadium. This is a great race for anyone who has never run a race before. It has been created to encourage young people to find out how much fun it can be to enter and run in a race. Seasoned runners can enter this race also. Special trophy will be given to the school with the most students entered. Registration is at Dutch Clark Stadium the day of the race in the REGISTRATION area anytime but you must be entered by 10:15 a.m. on race day. This race is FREE. Each racer will receive a ribbon.

Pueblo Chieftain 2010 Spring Runoff Information

Toddler Race --- Age 6 years and under

This year's Spring Runoff will again include a short 50-yard Toddler Race in the Stadium that is FREE to participants. All toddlers finishing the run will receive ribbons instead of T-shirts.

The emphasis of the Toddler Race is on children's fitness and fun.

Age Divisions

These are the age divisions for the male and female 5K Run/10K/10Mile running races:

12 and under	25-29	40-44	55-59	65-69
13-19	30-34	45-49	60-64	70 and over
20-24	35-39	50-54		

Awards

- **Runners:** Overall Winners, Masters, 1st, 2nd and 3rd place in each age group in 5K, 10K and 10-Mile will receive awards. Overall winners will not be included in age group awards.
- **Walkers:** Every finisher in the 1.6-Mile Walk will receive a Finisher's Medal.

Registration: Prices are the same for runners and walkers (Prices if registered by deadline)

Cost: Adults: \$20.00 (SCR members: \$18.00)
Age 18 and under: \$12.00

Deadline for the above prices is 5 p.m. Friday, Feb. 26th

Between 5 p.m. on Feb. 26th and Race Day the price is \$25.00 for everyone.

The price on Race Day is \$35.00 for everyone (excluding Toddler Race & One-Mile Youth Race)

Race Day Registration is 7:00 a.m. to 8:15 a.m. **NO Race Day registration after 8:15 a.m.**

Entry Forms

Can be obtained at the following locations:

- in The Pueblo Chieftain newspaper Sports section each Sunday in January and February
- at The Pueblo Chieftain office - 825 West 6th Street, Pueblo
- the Gold Dust Saloon- 217 South Union Avenue, Pueblo
- Pueblo YMCA - 3200 Spaulding, Pueblo
- Runner's Roost - Colorado Springs
- sporting goods stores in the area.

Also, this entry form can be downloaded from the Southern Colorado Runners website: www.socorunners.org

Packet Pickup

Before race day, packets will be available ONLY at The Pueblo Chieftain newspaper 825 W. 6th Street front lobby.

- Friday, March 5th, from 8:30 a.m. - 5:30 p.m.
- Saturday, March 6th, from 8:30 a.m. - 2:00 p.m.

On Race Day, packets will be at Dutch Clark Stadium and must be picked up by 8:15 a.m.



