

2010 RACES & START TIMES (Rain or Shine) FEES:

Duathlon (R2M-B10M-R2M)*	7:30am	\$60.00
Duathlon-RELAYS (2 athletes)	7:30am	\$80.00
Open 1/2 Marathon*	7 :55am	\$35.00
Open 5K*	9:20am	\$25.00
Kids 1/4M Fun Run (7 & Under)	9:00am	\$15.00
Kids 1M Fun Run (8-12 yrs)	9:05am	\$15.00
Mayor's 2M Fun Walk	9:30am	\$15.00
Late Registration Fee (after 1/27/10)		\$ 5.00
Additional T-Shirt (s)		\$10.00

All entries include a race t-shirt, relays will receive one for each participant. 2010 sizes available are Youth (Med or Lg) **or** Adult (Sm – XX-Lg).

Duathletes must show proof of current USAT membership at packet pick-up or an additional One Day fee may apply!

***OPEN RACE DIVISIONS:**

Age is determined by the race day 1/31/10 excluding Duathletes (age as of 12/31/10). You must select either an Age Category or Specialty Division but NOT both. Athena, Clydesdale and Relay Divisions are limited to Duathletes ONLY.

AGE CATEGORY... OR SPECIALTY DIVISION...

<input type="checkbox"/> 12 & under	<input type="checkbox"/> 45-49	<input type="checkbox"/> Public Safety (Police/Fire/Military)
<input type="checkbox"/> 13-14	<input type="checkbox"/> 50-54	<input type="checkbox"/> Challenged <input type="checkbox"/> Wheelchair
<input type="checkbox"/> 15-17	<input type="checkbox"/> 55-59	Duathlon Only - <input type="checkbox"/> Athena (150 lbs+)
<input type="checkbox"/> 18-24	<input type="checkbox"/> 60-64	<input type="checkbox"/> Clydesdale (200+)
<input type="checkbox"/> 25-29	<input type="checkbox"/> 65-69	
<input type="checkbox"/> 30-34	<input type="checkbox"/> 70-74	
<input type="checkbox"/> 35-39	<input type="checkbox"/> 75-79	
<input type="checkbox"/> 40-44	<input type="checkbox"/> 80-84	
<input type="checkbox"/> 85 & older		

PRE-RACE PICK-UP:

Available Saturday 1/30/10 8am-Noon at
The Highland Family YMCA
7793 Central Ave
Highland, CA 92346
(909) 425-9622

Final race check-in at 8:45am for ALL races.

RACE LOCATION:

Arroyo Verde Elementary School 7701 Church Street Highland, CA 92346

DIRECTIONS: Take the I-10 towards Redlands to the I-210 Freeway North, Exit 5th Street and turn right (**east**), proceed approximately 2 miles until you reach Church Street and turn left and follow the signs for registration.

WHERE TO STAY:

Hampton Inn & Suites Highland at San Manuel Village 27959 Highland Avenue, Highland, CA 92346 909-862-8000

Amenities include Pool, Fitness Center, Complimentary Hot Breakfast & 24hr Shuttle Service to San Manuel Indian Bingo & Casino. Just mention **YMCA** for special athlete rate codes at time of registration.

Insert...**Hampton Inn logos** (see attached Top & Bottom) and link to <http://hamptoninn.hilton.com/en/hp/hotels/services.jhtml?ctyhocn=LAXSBHX>

RESULTS & AWARDS:

5K, 1/2 Marathon & Duathlon Top Three Overall M/F (Relays divisions Overall only) as well as Top Three M/F per age division.

Finisher medals to ALL participants! All timing services will be provided by Prime Time and will be posted on **resultsbyprimetime.com** as well as **ymcaeastvalley.org**. **Chip Timing** is available for 1/2 Marathon, 5K & all Duathlon races (splits will be taken for Run-Bike-Run times).

SCHOOL CHALLENGE:

All schools will receive up to \$5 per registrant, as part of the YMCA Activate America program. This program will directly support physical fitness activities to prevent diabetes and obesity in our youth today. Please remember at time of registration to indicate what school you currently attend!

DUATHLETES NEED TO KNOW:

The **Registration and Transition Area** will be open on race day **ONLY** at 5:00am-and close at 7:00am. All duathletes **MUST** be properly marked prior to

the start of the race. All duathletes MUST provide proof of current USAT 2010 membership and or purchase a one-day membership to participate. Duathletes are also expected to know and follow ALL USAT racing guidelines as well as the rules of the road (no exceptions).

PLEASE NOTE: ***This is Non-Drafting closed course competition!***