



34th Annual Spirit Run, Sunday, March 12, 2017

Schedule of Races, Including Race Description & Prizes*

| Start | Race | Race Description | Prizes** |
|-------------------------|----------------|---|--|
| 6:30 am | 10k | Double loop of 5k course around Fashion Island. | Blaze Pizza, Fashion Island: 1 per month April '17 to March '18 to 36 men and women age 20 & older. See nmspiritrn.org for details. |
| 7:45 am | Elite Mile | Fast, point to point course. Separate courses and finish for men & women. Open to men & women who can finish under 4:30 & 5:00 minutes, respectively. | Purse: Top 3 men under 4:30; women, 5:00 1st \$200 2nd \$100 3rd \$75 Purse Bonus: 1st man under 4:10, woman under 4:45 win \$100. Spa Gregorie's massage - top 3 men & women. Must be 20 to win. |
| 7:50 am | Sub Elite Mile | Same courses as Elite Mile. For 59 & under who can finish under 7:00 minutes & over 60, under 8:00. Those who don't meet time aren't eligible for prizes. | Purse Top 3 men & women in 7 divisions: 1st \$50; 2nd \$40; 3rd \$30. Divisions: 20-29, 30-39, 40-49, 50-59, 50-69, 70-79, 80-89. Spa Gregorie's massage to top 3 men & women. Must be 20 to win. |
| 8:00 am | Dog Mile | For competitive runners and joggers alike. Must finish in 15 minutes and keep dog on leash all times. | To Be Determined |
| 8:15 am | Youth 5k | Open to high school age and younger. Same course as Adult 5k. Parents of Youth 5k competitors may register for Adult 5k and run in Youth 5k, but must start in back and aren't eligible for awards. | Blaze Pizza Fashion Island: 1 per month April '17 to March '18 to 38 boys and girls age 9-19. Baking Betty certificate awarded to 36 boys and girls age 8 and younger. See nmspiritrn.org for details. |
| 8:20 am | Adult 5k | Course proceeds around Fashion Island, ending on decline. Post high school eligible to win awards. | Blaze Pizza Fashion Island: 1 per month April '17 to March '18 to 36 men and women age 20 & older. See nmspiritrn.org for details. |
| 8:22 am | 5k Walk | 5K walk around Fashion Island for families for all ages . Walkers start at the back of Adult 5k. | Not applicable |
| 9:20 am | Open Mile | Out and back course for age 13 & Older for both competitive runners and joggers. | Yard House "Burger & Brew" awarded 50 men & women 21 & older. Blaze Pizza 1 per month April '17 to March '18 12 boys & girls 13-19 |
| 9:35 am | 11-12 Mile | Out and back mile course for 11 and 12 year olds. | Blaze Pizza 1 per month April '17 to March '18 top 3 boys & girls 11-12 |
| 9:45 am | 9-10 Mile | Out and back mile course for 9 and 10 year olds. | Blaze Pizza 1 per month April '17 to March '18 top 3 boys & girls 9-10 |
| 9:55 am | 7-8 Mile | Out and back mile course for 7 and 8 year olds. | Baking Betty cookie certificate to top 3 boys & girls age 7-8. |
| 10:05 am | 5-6 ½ Mile | Out and back ½ mile course for 5 and 6 year olds. | Baking Betty cookie certificate to top 3 boys & girls age 5-6. |
| 10:15 am | 4 ¼ Mile | Out and back ½ mile course for 5 and 6 year olds. | Baking Betty cookie certificate to top 3 boys & girls age 4. |
| 6:30 a.m + 8:20 a.m. | 15k | Adults race 10k then 5k. Times combined and ranked. | Spa Gregorie's massage to top 3 men & women. Blaze Pizza: 15k competitors also eligible to win in 5k and 10k. |

*For other time limits, restrictions & advisements, visit www.nmspiritrn.org, **You may race multiple events and are eligible to win in each one.