

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 nmspiritrun.org for details.
			Dick's Sporting Goods:\$50 gift card top 2 men & women age 66&up
7:45 am	Elite Mile	Fast, point to point course. Separate courses and	Purse: Top 3 men under 4:30; women, 5:00 1 st \$200 2 nd \$100 3 rd \$75
		finish for men & women. Open to men & women who	Purse Bonus:1st man under 4:10, woman under 4:45 win \$100.
7.50	0 1 50	can finish under 4:30 & 5:00 minutes, respectively.	Spa Gregorie's massage - top 3 men & women. Must be 20 to win.
7:50 am	Sub Elite	Same courses as Elite Mile. For 59 & under who can	Purse Top 3 men & women in 7 divisions: 1 st \$50; 2 nd \$40; 3 rd \$30.
	Mile	finish under 7:00 minutes & over 60, under 8:00.	Divisions: 20-29, 30-39, 40-49, 50-59, 50-69, 70-79, 80-89.
0.00	Dag Mila	Those who don't meet time aren't eligible for prizes.	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	Lazy Dog Café Top 3 men & women 39 & under and 40 & older
)	finish in 15 minutes and keep dog on leash all times.	receive a \$25 gift card for lunch or dinner.
8:15 am	Youth 5k	Open to high school age and younger. Same course	Blaze Pizza Fashion Island: 1 per month April '17 to March '18 to 38
		as Adult 5k. Parents of Youth 5k competitors may	boys and girls age 9-19.
		register for Adult 5k and run in Youth 5k, but must	Baking Betty certificate awarded to 12 boys and girls age 8 and
0.00	A -114	start in back and aren't eligible for awards.	younger. See nmspiritrun.org for details.
8:20 am	Adult 5k	Course proceeds around Fashion Island, ending on	Elites***: Choose Blaze Pizza or \$50 Dick's or Asics: Top 8 men &
		decline. Post high school eligible to win awards.	women choose Blaze monthly April '17 to March '18 or Asic's gift card. 9 th &10 th place choose Blaze or Dick's gift card.
			Non Elite: Blaze Pizza:1 per month April '17 to March '18 to 36 men
			and women age 20 & older. See nmspiritrun.org for details.
			Dick's Sporting Goods:\$50 gift card top 2 men & women age 66&up
8:22 am	5k Walk	5K walk around Fashion Island for <i>for all ages</i> .	Not applicable
9:20 am	Open Mile	Out and back course for age 13 & Older for both	Yard House "Burger & Brew" awarded 54 men & women 21 & older.
	'	competitive runners and joggers.	Blaze Pizza1 per month April '17 to March '18 12 boys & girls 13-20
9:35 am	11-12 Mile	Out and back mile course for 11 and 12 year olds.	Blaze Pizza1 per month April '17to March '18 top 3boys&girls 11-12
9:45 am	9-10 Mile	Out and back mile course for 9 and 10 year olds.	Blaze Pizza1 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 +	15k	Adults race 10k then 5k.Times combined and	Spa Gregorie's massage to top 3 men & women.
8:20 a.m.		ranked.	Blaze Pizza: 15k competitors also eligible to win in 5k and 10k.

^{*}See nmspiritrun.org for time limits, restrictions & advisements. **You may compete in multiple races and are eligible to win in each one

^{***}Elite includes those who competed in or qualified for the Elite Mile and men & women who can finish a 5k under 15:30 and 17:00, respectively.