



Runner's Den

5 & 5 Classic Road Races

5 Mile Run*, 5K Run, 5K Fitness Walk *New distance for 2010
Introducing the "Double Nickel" (5 Mile & 5K Run)

Thirty-two years and running! Enjoy our rich history and join us for one of the oldest and most popular events on the Valley running calendar! Originally staged in 1979 to showcase the talents of marathon legend Bill Rodgers, we are introducing a 5 mile event in place of the traditional 10K distance to accommodate new facilities at Paradise Valley Mall. For online registration, visit **GetSetAZ.com**, Arizona's most complete event schedule. Both the 5 Mile and 5K run/walk will be featuring the state-of-the-art ChronoTrack chip timing system.

DATE February 7, 2010

TIME 5K Run & Fitness Walk 8:15 am
 5 Mile Run 9:00 am

LOCATION

Paradise Valley Mall, 4568 E. Cactus Road (Cactus & Tatum) **The new staging area for 2010 is located on the northeast side of the mall adjacent to Dillard's.**

PARKING

Plenty of free parking is available at the Paradise Valley Mall parking lots.

COURSES

Flat, fast with splits every mile. Aid stations at approximately 1.5, & 3.5 miles. Courses are flat and fast and accurately measured.

REGISTRATION

Pick up additional entry forms at Runner's Den or go to **GetSetAZ.com** to register online or download additional applications.

ALL ENTRANTS RECEIVE

High quality t-shirts. Post race bagged snack.

5 MILE & 5K RUN AGE DIVISIONS

Special awards to the top male & female winners of the 5 Mile and 5K Runs. The top three finishers in each of the following age groups in the 5 Mile and 5K Run will receive special awards: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over. 5K Walk is chip timed but is non-competitive. For scoring purposes, over-all winners will be determined by "gun time", age groups by "chip time."

EARLY CHECK-IN

Those wishing to pick-up their packets early or register may do so at Runner's Den, 6505 North 16th Street (N/E corner of 16th St. & Maryland) on Saturday, February 6, 10:00 a.m. to 5:00 p.m. (Cash/checks only)

RACE DAY REGISTRATION

Late registration and packet pick-up will begin race morning at 7:15 am on the northeast side of Paradise Valley Mall by Dillard's. (Cash/checks only)

INSTANT REGISTRATION ONLINE

Register online by visiting us on the internet at **GetSetAZ.com**. Online registration closes Friday, February 5 at 1pm. A small additional processing fee is added to all online entries. Service provide by Active.com

PROCEEDS TO BENEFIT: Local Area High School Track Programs

FOR ADDITIONAL INFORMATION: Runner's Den (602) 277-4333 or visit

GetSetAZ.com

RESULTS

Complete results for the 5 Mile and 5K Run will be posted at **RaceplaceEvents.com** by 5pm race day.

ENTRY FEE

5 Mile/5K \$23 thru January 31, 2010, \$25 February1 thru February 6, 2010, \$30 Race Day. Cash and checks only Race Day. "Double Nickel" (5 Mile & 5K) add \$6 to prevailing fee.

½ PRICED ENTRY FEE

Buy any regularly priced Mizuno athletic Shoe at Runner's Den through February 6, 2010 and receive ½ off the entry fee. (Sorry, not transferable or subject to prior sale)

CHECKS PAYABLE TO: Runner's Den Races

EVENT DIRECTOR: CHRIS GILES

FOUNDER: ROB WALLACK

Postmark entries no later than 2/1/10 to: Runner's Den Race, 6505 N. 16th St., Phoenix, AZ 85016

5 MILE RUN 5K RUN 5K WALK (Timed/non-competitive) Double Nickel (5 Mile & 5K Run)

 LAST NAME FIRST NAME

 MAILING ADDRESS

 CITY STATE ZIP CODE

 E-MAIL ADDRESS

 DAY PHONE AGE SEX BIRTH DATE SHIRT SIZE TOTAL ENCL.

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of the Runner's Den Classic Road Race (including the respective affiliates, employees, agents, officers, directors and shareholders of such officials and sponsors), Raceplace Event Systems, The Runner's Den, Paradise Valley Mall, USAT&F, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries or illness suffered in connection with said event. I certify that I am in good physical condition and capable of participating in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. **This entry is invalid unless signed by participant.** If entrant is under age 18, parent or legal guardian must sign below. Sanctioned by the AZ Association of USAT&F

STAGING BY **raceplace**

 Entrant's Signature (or parent if under 18) Date