

Run with the Roosters Event Details

July 11, 2010, 5:00 a.m. start (or first sign of the sun), Old Tucson Studios

A MUST READ!!!

Thanks for being a part of Everyone Runs "Run with the Roosters" Kinney Rd. 5 Miler. We hope you enjoy it! Please feel free to give your feedback at anytime (email: everyoneruns@comcast.net). Without your opinions we won't be able to make our events as you would like them.

Directions: Speedway west to Gates Pass. Travel Gates Pass to Kinney Rd. Turn left (south) on Kinney. The first Old Tucson entrance is the employee & delivery entrance - you must use that entrance. Please do not come from Ajo to Kinney, as Kinney will be closed to traffic at 4:50 a.m.

Parking Details: our course starts and finishes at the main park entrance to Old Tucson Studios at 201 S. Kinney Rd. Please arrive on-time. All roads will be closed by 4:50 a.m. Parking is plentiful and is right near the start/finish line. We will start parking you via the Old Tucson employee parking lot, which is the first (north) entrance of Old Tucson. We specifically ask those of you who plan to leave early to use the employee lot, so you can leave without coming near any of the runners & walkers that may still be on the course. Later arrivals will be directed down the employee entrance road to the main parking lot.

Timing: This event will be shot-gun timed event and you must wear your bib on the front of your body to receive your time and so you can find your post race photo at www.flickr.com/everyoneruns.

The course travels south out of the Old Tucson parking lot onto S. Kinney Rd. While on Kinney Rd. you must stay on the right side of the road at all times. You will then run south for approximately 1.2 miles, at which point you will turn into the Ironwood Picnic Ground, where you will head west to the turnaround (end of park road). There are several restrooms in this area. The run/walk then heads back to Kinney Rd, at which point you will take a right turn, heading south to the turnaround, where you will then head north on Kinney Rd. back to the return entrance to Old Tucson (same as the start of the race). A course monitor will direct you back into the parking lot. You will then run within the coned area and make your way to the finish line (same as from where you started your run or walk). It's that simple. You have until

6:45 a.m. to complete the course, at which time Kinney Rd. will be re-opened to vehicles.

Custom Tank Tech Shirts: your finisher tech shirt will await you at the finish line. Your size is reserved and is noted at the shirt table. We cannot change your size until after the event is over. There will be a table for women and one for men.

Water/Aid stations: three stations spaced evenly on the course. The water station inside the ironwood Picnic area can be accessed twice. Our water station volunteers will pass water cups to you. We will also have XOOD performance drink at each station. We will also have a HydraPour water jug labeled at each station for those of you who own a HydraPouch (we will have 8 for sale at \$10 each at packet pick-up). See www.hydrapouch.com.

Post-Event & Awards: eat, drink and have fun! Enjoy your free Mexican breakfast and Robeks Smoothies. Our awards ceremony will start around 6:15 a.m. (give or take 15 minutes or so). Three words: "Slip 'n Slide!"

We have tentatively determined awards based on participation as follows:

- Overall male & female: 1st, 2nd and 3rd places (1st place male & female receive a free massage from Massage Envy!)
- Age groups from 12-18, 19 - 24, 5 year groups thereafter up to 70+. 1st, 2nd and 3rd age group winners will be awarded custom Everyone Runs Rooster trophies.
- Overall winners will be removed from age group qualification

Post Race: please email us your comments (good or not-so-good to everyoneruns@comcast.net) or visit our Facebook page (Everyone Runs) to leave your comments and share with fellow participants.

Photos: event photos will be posted a few days after the race at www.flickr.com/everyoneruns. Always a freebie compliments of Everyone Runs!

\$5 Fall event registration discounts! We'll be taking registrations for our Fall events at this race with a \$5 discount for the September 25 Sabino Canyon Classic 4 Miler and the November 14 Fleet Feet TMC Half Marathon & Saguaro Physicians 5k. You can print out the form in-advance at everyoneruns.net or fill-out one on-site. Cash or check only.

Any Questions? Call 520-797-7867 or email everyoneruns@comcast.net
THANKS FOR JOINING US!!!