



TOUR DE PAIN EXTREME

3 EXTREME RACES IN 24 HOURS

SATURDAY, MARCH 31ST - SUNDAY APRIL 1ST

10K RUN

SATURDAY, MARCH 31ST
7:00 AM

5K RUN

SATURDAY, MARCH 31ST
7:00 PM

HALF MARATHON

SUNDAY, APRIL 1ST
7:00 AM

THE JACKSONVILLE LANDING

RACE ENTRY FEES

	3 Race Series	3 Race Relay	10K	5K	Half Marathon
Until March 17th	\$100	\$120	\$30	\$25	\$50
March 18th - March 24th	\$110	\$130	\$35	\$30	\$60
Starting March 25th	\$120	\$140	\$40	\$35	\$70

» Sorry, there are **NO REFUNDS!**

» Make checks payable and mail to: **1st Place Sports Running Club**, 3931 Baymeadows Road, Jacksonville, FL 32217.

» Register Online at www.1stplacesports.com



THINK YOU CAN DO IT?

This race series is designed to test your ability to run three different races in a twenty-four hour period. Your time in each of the three events will be added together to determine your place. Not sure you can do it all yourself? Sign up for the Tour De Pain EXTREME Relay!

EXTREME RELAY INFORMATION

Want to participate in this unique event, but not quite sure you can complete all three events? Sign yourself

and some friends up for the relay! You must have 2-3 people for a relay team. Each team member will receive a technical event shirt. Make sure you specify which leg of the race each team member is doing, and include the team name!

COURSE DESCRIPTION

All three races start and finish at the Jacksonville Landing in downtown Jacksonville. The 10K and 5K run downtown. The 1/2 Marathon runs through the Riverside and Ortega areas.

AWARDS

TOUR DE PAIN EXTREME INDIVIDUALS:

Cash Awards will be given out as follows: 1st Place Male and Female: \$500, 2nd Place Male and Female: \$300, and 3rd Place Male and Female: \$200, 1st Place Masters Male and Female: \$100. Awards will be given to 1st Place Male and Female Masters winners.

Age-group awards will be given to the top three finishers in each age division based on time from 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

Finisher Medals will be given to all those who finish all three events! There will be separate Finisher Medals for those who complete the 1/2 Marathon!

TOUR DE PAIN EXTREME RELAY:

Awards will be given to the top relay teams.

POST RACE CELEBRATION

Don't miss the post-race celebrations at the Jacksonville Landing! **There will be free beer, free food, and live bands all day Saturday and after the Half on Sunday!** Don't miss it!

RACE TIMING

All three races will be timed using the MyLaps timing system. All runners will be issued a timing chip that must be worn on their shoe during the race and returned after their last race. Runners will be billed \$30.00 for lost chips. If you are running only one race, return the chip after that race!!

RACE PACKET PICKUP

Packets will be available for pick up at one of the following 1st Place Sports locations:

- 3931 Baymeadows Rd., Jacksonville, (904) 731-3676
- 2016 San Marco Blvd., Jacksonville, (904) 399-8880
- 424 S. 3rd Street, Jax Beach, (904) 270-2221
- 2186 Park Avenue, Orange Park, (904) 264-3767
- 4870 Big Island Drive, Jacksonville, (904) 264-3767

Be sure to check your pickup location on your entry form. If you do not indicate a location, your packet will automatically be at the Baymeadows store. Packets will be available on **Thursday, March 29th and Friday, March 30th from 10:00 AM until 6:00 PM.**

Race Day Pickup: Race packet pickup and registration will be held at each race at least one hour before the start of that race.

HOST HOTEL INFORMATION

The Hyatt Regency Jacksonville Riverfront is located at 225 East Coastline Drive, on the river, near the Jacksonville Landing. It is the closest hotel to the start/finish area. Book now to reserve your room. To make reservations, call (904) 588-1234.

QUESTIONS?

If you have any additional race questions, or would like more information please:

- » Visit our official website at:
www.1stplacesports.com/extreme.html
- » Call our Race Hotline:
(904) 731-1900

TOUR DE PAIN EXTREME		Please indicate where you plan to pick up your race packet:		<input type="checkbox"/> Baymeadows <input type="checkbox"/> Jax Beach <input type="checkbox"/> Orange Park <input type="checkbox"/> San Marco <input type="checkbox"/> Town Center <input type="checkbox"/> Day of Race						Official Use Only											
Official Entry Form March 31st & April 1st, 2012																					
First Name				Last Name				ChampionChip Number													
Age on Race Day		Sex		T-Shirt Size		Email Address															
Street Address										Apt. #		10K		5K		Half		All 3 Races		Relay	
City				State		Zipcode															
Telephone Number				Make Checks Payable to 1st Place Sports Running Club Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217				Method of Payment:				\$ _____									
								Cash		Check		Credit		Amount Paid with Entry							
Relay Team Name (If Applicable)				Which leg(s) will you be completing?				10K		5K		Half									
<small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return the ChampionChip transponder, if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>																					
Please sign here. (Parent must sign if participant is under 18 years of age)										Date Signed											