



FREE BEER!
 FREE FOOD!
 LIVE BAND!
 TECHNICAL SHIRTS!
 MEDALS TO ALL WHO
 FINISH THE SERIES!

August 13th & 14th • 4 Mile Beach Run • 5K Run • Mile Sizzler

➤ 4 MILE BEACH RUN

FRIDAY, AUGUST 13TH
 7:30 PM

- » Location: Jacksonville Beach Seawalk Pavilion
- » Out-and-back course. Race starts out heading south.
- » Registration and race day packet pickup will begin at 6:30 PM on the beach near the starting line.

➤ 5K RUN

SATURDAY, AUGUST 14TH
 7:30 AM

- » Starts at the Baymeadows 1st Place Sports store located at 3931 Baymeadows Road
- » The course will be the same one used for the Celebration 5K and is USATF certified.
- » Race day packet pickup will begin at 6:00 AM.

➤ MILE SIZZLER

SATURDAY, AUGUST 14TH
 4:30 PM

- » Starts at the Jacksonville Landing in Downtown Jacksonville
- » This will be a 2 Loop course. There will be three heats in the mile. Master's Men will begin at 4:30 PM, Open Men will begin at 4:45 PM, and Women will begin at 5:00 PM.

➤ 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 for the Tour de Pain.

➤ ENTRY FEES

	Series	One race
Until July 24 th	\$45.00	\$20.00
July 25 th - August 7 th	\$50.00	\$25.00
Starting August 8 th	\$60.00	\$30.00

- » Sorry, there are **NO REFUNDS!**
- » Children under 13 and seniors over 65 may enter a single race for \$15.00 and do all three for \$40 until August 7th.
- » Make checks payable and mail to: **1st Place Sports Running Club**, 3931 Baymeadows Road,

Jacksonville, FL 32217.
 » Register Online at www.1stplacesports.com
 **Online registration closes August 9th!

➤ AWARDS

Cash Awards will be given out as follows: 1st Place Male and Female: \$200, 2nd Place Male and Female: \$100, and 3rd Place Male and Female: \$50

Awards will **NOT** be given for each individual event. They will be given based on **total time in all three events!** Finishers of all 3 events will get a finisher medal!

Age-group awards will be given to the top three finishers in each age division based on time: 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 & over. Medals will be given out at the finish of the last race.

