



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

## August 5th & 6th • 4 Mile Beach Run • 5K Run • Mile Sizzler

### 4 MILE BEACH RUN

**FRIDAY, AUGUST 5<sup>TH</sup>  
7:00 PM**

- » Location: Jacksonville Beach Seawalk Pavilion
- » Out-and-back course. Race starts out heading south.
- » Registration and race day packet pickup will begin at 5:30 PM on the beach near the starting line.

### 5K RUN

**SATURDAY, AUGUST 6<sup>TH</sup>  
7:00 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 6<sup>TH</sup>  
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 16 <sup>th</sup>	\$45.00	\$20.00
July 17 <sup>th</sup> - July 30 <sup>th</sup>	\$50.00	\$25.00
Starting July 31 <sup>st</sup>	\$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 July 30<sup>th</sup>.
- » Make checks payable and mail to: **1st Place Sports Running Club**, 3931 Baymeadows Road,

Jacksonville, FL 32217.  
 » Register Online at [www.1stplacesports.com](http://www.1stplacesports.com)  
 \*\*Online registration closes August 3<sup>rd</sup>!

### 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.

