

2nd Annual RESOLUTION RUN

DOWNTOWN LYNCHBURG

Saturday, February 4, 2012

Start time 3:00 pm

LOCATION: Boys & Girls Club of Greater Lynchburg 1101 Madison Street
Start/Finish Line: Corner of 12th and Madison Streets

HOW TO GET THERE / PARKING: Streets around the Club will close no later than 2:30 pm, and the 12th block of Madison Street (directly in front of the Club) will close at 2:00pm. Ample parking is available across the street from the Boys & Girls Club at the Central Virginia Agency on the Aging, which can be accessed from 11th St between Clay St and Madison St. Additional parking is also available across from the Club on the east side of Madison and 12th Streets. Please note that 12th Street from Madison St to Commerce St. will be closed until each runner/walker has completed the course.

MEDICAL INFORMATION: IF YOU FEEL ILL – STOP RUNNING!

If you need help during the run, move to the side of the road and contact the nearest Course Marshal or police officer. They will alert the Lynchburg EMS medical bike team or ambulance that medical assistance is needed. If you see another runner in distress, please notify the nearest Course Marshal or police officer with the injured runner's location. Fill out the backside of your number with any medical allergies you might have, as well as a local emergency contact.

RUNNER COURTESY: Please be courteous to your fellow runners. Consideration of your fellow runners is essential to ensure a safe race. If you want to stop running, please pull off to the side before you stop.

WATER STATIONS AND MILE MARKERS: There will be one water station at the halfway point, one mile into the run.

COURSE: Starting at the corner of 12th and Madison Streets, cross over Main Street working your way down to the Trail via 9th Street, and back. Finish line will be at the corner of 12th and Madison Streets.

FINISH LINE TIMING AND SCORING: To ensure accuracy, the following procedures must be followed:

1. Race numbers must be worn on the front of your shirt. Do not pin through the perforated pull-tab at the bottom of your number.
2. Once in the finish chute stay in order of finish and keep moving forward.
3. Do not cross the finish line more than one time. Only official registered runners should cross the finish line.
4. All youth participants will receive their finisher medals after exiting the finish chute.

AWARDS: Awards will be presented by 4:00 pm inside the Boys & Girls Club. Awards will be given to the *Top 2 finishers overall male and female and the top 2 per age group male & female: 13-19, 20-29, 30-39, 40-49, 50-59, and 60+*

REFRESHMENTS: Drinks will be available after you exit the finish chute. Snacks and beverages will also be available inside the Boys & Girls Club.

Important Notice: Due to the hilliness of the course and to ensure the safety of all participants and spectators, running or walking with strollers, pets (whether on or off a leash), iPods, and CD players are strongly discouraged.

GREAT FUTURES START HERE.



BOYS & GIRLS CLUB
OF GREATER LYNCHBURG