NEW YEAR'S resolution RUN

5k 10k

(& 1-mile Fun Run)

Tuesday, Jaunuary 1st, 2013, 11am

Sikeston, MO

(conveniently located between St. Louis MO, Memphis TN, & Paducah KY)

Walker's Welcome! Chip Timing! Music! Awards! More!

Event Details: Last updated 10/10/12

The race starts at the Sikeston Sports Complex, on Gehrig Street, in Sikeston, MO.

New: "Pump & Run" Division! This special division has been created to reward athletes who posses strength. Each participant in this division will bench-press his/her own body weight, at his/her preferred gym or fitness center, BEFORE the race. This can be done at any time during the month of December, 2012. Bench-press must be verified by a personal trainer, or gym/fitness center staff member. For each successful press, men will receive a 10-yard head start on your running competitors, Women will receive a 20 yard head-start per successful press!
example: You'll weigh yourself at your gym. If you weigh 200lbs, you and your trainer will put 200 lbs on the bar & a personal trainer will watch you to see how many times you can successfully press your own body weight. All accounted presses must be done in one sitting, without wracking the bar, resting the bar on your chest, or using assistance from spotters on the actual press. Write the number of successful presses on your registration form. If you're a man and accomplish 4 presses, you'll start the race 40 yards ahead of the start line. If you're a woman and accomplish 4 presses, you'll start the race 80 yards ahead of the start line. We'll have every 10 yards marked, so you'll know where your starting point is! Because Pump-N-Run participants aren't actually running the full 5k (your distance will be shortened depending on the number of bench presses that you complete), they will be eligible for awards in the Pump-N-Run division only, and will not be eligible for age division awards. Pump-N-Run awards will be presented to the top 2 finishers of this division, not divided by gender. The overall champion of this division will receive a one-of-a-kind, steel award, created by Buzz Ferrell, of Buzzedart.

Race Course: 10k, 5k, 1-Mile: All 3 race distances share a start & finish line. 10k & 5k Courses are extremely accurate. All courses are marked well with signs, and easy to follow. Each course is flat, fast, & spectator Friendly!

Course Maps: Please take the time to review your course map online! The course will be well marked, but course maps will not be available at the event.

10K Course: http://www.myfastfeet.com/MapPrint.aspx?MapID=23190

5k Course: http://www.myfastfeet.com/MapPrint.aspx?MapID=23189

1-Mile Course: http://www.myfastfeet.com/MapPrint.aspx?MapID=23538

Race Start: The race begins with a single mass start. Individuals anticipating to run sub 6 minute pace should be given placement preference at the start line. For the safety of all participants, walker should assemble at the rear of the participant corral at the start of the race.

Aid Stations:

10k: 3 water stations will be available on the 10k course. Each station will provide cups of water & Gatorade.

5k: 1 aid station is available on the 5k course, providing cups of water & Gatorade.

1-Mile: There are no water stations available on the 1-mile course. Water & Gatorade is available at the finish line.

Walkers: Walkers are welcomed and encouraged to participate!

Packet Pick-up/Late Registration: Packet Pick-up and Late Registration will be held near race finish line. You MUST pick-up your race packet and timing chip between 10:00am and 10:30am. **NO Race-day entries will be accepted after 10:30am!**

Race Set-up: Race features chip timing, a 25ft. finish arch, Visual Time Clock, and Sound System!

Chip Timing: Chip Timing and Event Management provided by SplitMaster. DO NOT wear the timing chip of another participant! You MUST return the timing chip at the conclusion of the event.

Results: Results will be posted and announced at the race site. Results will also be posted at www.SplitmasterTiming.com .

Awards: Awards will be presented to the top Overall Male & Female of the 5k & 10k divisions. Awards will also be presented to the top 3 finishers of each 10k & 5k division. There are no awards for the 1-Mile Fun Run. Awards Ceremony will be held near the finish line, at the conclusion of the event. We will present the awards as promptly as possible to keep you out of the cold! AWARDS WILL NOT BE MAILED!

5k & 10k Divisions: (separated by gender): 19 & Under; 20-29; 30-39; 40-49; 50+ (Pump-N-Run Division is available for the 5k only)

***Fun Run:** There are no awards for this division. The Fun Run IS Chip Timed & will be included in online results posting!

Directions: From I-55, take exit #69 (Miner Exit) and turn west (right if you are coming from the north; left if you are coming from the south). At the first 4-way stop sign, go straight onto Hwy HH. Travel approx. 2 miles on Hwy HH. Turn left onto Ingram Road (Ingram road is only marked by a small street sign, you will need to watch closely for this street). Travel approx. 1.5 miles on Ingram Road. The Sikeston Sports Complex will be on your left, just past the Bootheel Golf Club. Look for the SplitMaster finish arch.

Parking: Several Parking Lots are available. Street-parking along the Course is prohibited during the event.

Restroom Facilities: The park restroom facilities will be open and are located near the finish line.

Volunteer: Volunteers are needed!!! Volunteer positions include assisting with packet pick-up, directing participants at turns during the event, and assisting at water stations along the course, and timing chip collection at the finish line. Please contact Brooke at SplitMasterTiming@live.com if you can volunteer.

Resolution Run Memorabilia Shirts: Shirts are guaranteed to participants who register by December 8, 2012. All others will receive shirts while supplies last.

Shirts/goodie bags/awards WILL NOT be mailed. If you are unable to participate in the event, you (or a representative of yourself) may still retrieve your goodie bag/shirt at packet pick-up.

SplitMaster cannot be held responsible for goodie bags, memorabilia shirts, event awards, or any/all other personal belongings left at the race site. Any/All goods found at the race-site during event cleanup will be donated to the local MERS Goodwill.

Race for FREE!: Do you have awesome friends & family who support your racing experience? Give them the opportunity to support all of the event participants, allowing YOU to race for FREE! Simple translation: we'll trade a volunteer position for a free race entry! If you're interested, contact Brooke at SplitMasterTiming@live.com for details!

Contact: For questions, please contact us at (573) 475-0499 or e-mail us at SplitMasterTiming@live.com