



The 6th annual Schuylkill Mile Time Trial running race & fun run

Join us for the 6th annual Schuylkill Mile Time Trial running race & fun run! What's a *time trial* race? Instead of starting everyone out at once, only 1 person will start. Exactly 10 seconds later, the next runner starts, and every 10 seconds, we send out the next. It's very exciting to run and watch! This is an accurately timed, accurately wheel measured race, for \$10 and only \$5 for kids under 18 (cash only), with a special guest! Runners of ALL skill levels are invited.

We start on the new Schuylkill River Park Trail (Schuylkill Banks) at the King Drive entrance just below the Philadelphia Museum of Art (where the bike path breaks off from King Drive), runs along the beautiful Schuylkill River, and ends at the Locust Street crossing.

Cycling time trials have existed for years on King Dr. We've now done it successfully for running on the Schuylkill River Park Trail (Schuylkill Banks). Start is 9:00 am on Sunday, April 7, 2011. Arrive at the start between 7:30 & 8:30am to register.

The fast course has a net downhill of 22 feet. We're even trying to arrange a tailwind! The course is marked every 1/4 mile. Bring your own watch, as we won't have timing clocks. No racing with headphones, strollers, or pets. We encourage you to run the course prior to the race.

We urge you to pre-register, either online or in-person. Online Pre-Registration is now open via www.RunningInPhialdelphia.com. We accept only PayPal online (PayPal lets you use a credit card as a guest if you aren't a member). You aren't guaranteed a bib until you've paid. Only cash is accepted at the race. In-person Pre-Registration is the day before (Saturday), 12:30 - 1:30pm & 4 - 6pm at the Race Street crossing (near the middle of the course). We'll be at the closest bench with race bibs.

Net proceeds go to two groups focusing on the Schuylkill River Park Trail: *Schuylkill River Park Alliance* (Free Schuylkill River Park)(www.riverparkalliance.org) and *Schuylkill River Development Corporation* (Schuylkill Banks)(www.schuylkillbanks.org).

Wear your favorite running shirt, since for \$10 (\$5 for kids), we can't give you any! We will have water (cups, too, though bringing your own drink can't hurt) at the start & finish plus race bibs. Prizes? Come on now, this is a simple grass-roots event, but we will have some at the awards ceremony, soon after everyone finishes. We'll take digital photos, and they will be yours, free! Be sure we have your neatly printed email address (no one receives your personal info, and we send only race-related emails).

This is a 'run at your own risk' event and you must sign the waiver to participate. If you are under 18, your parent or guardian must sign the wavier. You must be 10 or older to race. Race may be limited to 80 runners.

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When: Sunday, April 7, 9:00 am sharp (arrive 7:30 - 8:30 to register)

Where: Schuylkill River Park Trail / Schuylkill Banks (start: King Drive entrance + end: Locust Street donut)

Bring: \$10 cash + your race watch (\$5 + your parent if you're under 18)

Email: smtt@live.com

Web: www.RunningInPhiladelphia.com (for course & race photos, parking & transportation, past results & photos, and more pre-registration info.)

Facebook: Schuylkill Mile Time Trial

Not racing? Volunteers needed!

