

C&F BANK/ LITE98 - SHORT PUMP MILE & EXPRESS 400M FUN RUN

RICHMOND'S LARGEST TIMED RACE JUST FOR KIDS!

Packet Pick-Up: Race packets may be picked up at the American Family Fitness- West End facility on Friday, September 30, from 3pm-7pm and Saturday, Oct 1, from 10am-5pm. For Directions to American Family Fitness call (804) 364-1200 or visit www.amfamfit.com. **There is no packet pickup on race day!** Timing chips will be distributed at starting line approximately 15-20 min before the start of each heat.

Refreshments: Post-race refreshments will be available at the finish line area for all Mile and Express Runners.

Shirts & Medals : 100% Cotton Short Sleeve T-shirts to all registered runners. Please make sure to mark the appropriate size for your child. **All finishers** will be awarded a commemorative Short Pump Race medal upon finishing their event! Don't forget to check out race photos provided by Tri-Duo.com after the race is over!

ST. MARY'S FOR KIDS School Participation Program: The top 5 schools with the most registered participants (Mile only) will win prize money totaling \$2000 to be used for their school physical fitness programs (\$600, 500, 400, 300, 200). **Teachers, make sure that your students put your school name on their entry form for credit!**

Awards: Top 5 Overall Male and Female finishers will receive gift certificates (\$100, 75, 50, 25, 25) and a plaque to commemorate their achievement. Age group awards (both boys and girls) will be given out in the following age groups: **14 & Over** – Top 5; **12-13 years old** - Top 10; **11 years old** - Top 10; **10 years old** – Top 10; **9 years old** – Top 10; **8 years old** – Top 10; **7 years old** – Top 10; and **6 & Under** – Top 10. No awards for Short Pump Express runners – this is a fun run.



All race rules, award ceremony times, and other information will be posted at www.shortpumprace.com

Heat #	Age	Sex	Heat #	Age	Sex
1 - 7:45	11 to 13	Boys	2 - 8:00	11 to 13	Girls
3 - 8:15	14 & Over	Boys	4 - 8:30	14 & Over	Girls
5 - 8:45	10 years	Boys	6 - 9:00	10 years	Girls
7 - 9:15	9 years	Boys	8 - 9:30	9 years	Girls
9 - 9:45	8 years	Boys	10 - 10:00	8 years	Girls
11 - 10:15	7 & Under	Boys	12 - 10:30	7 & Under	Girls

- Online registration closes at 11:59 PM on 9/26
- In person registration at NOVA of VA facility closes at 7pm on 9/26
- Online registration begins on 7/18/11
- By mail – Mailed entries must be postmarked by 9/18 and received by 9/26
- We will send any forms received after 9/26, returned to sender
- To receive the family discount, all entry forms must be mailed together in the same envelope or registered online at once
- Proceeds from this event benefit NOVA, a non-profit 501(c)3 organization

Short Pump Express - First Wave begins at 10:45

All runners in this group will be assigned waves

“Race director will publish changes in heat schedule at www.shortpumprace.com

