

The first ever Schuylkill Mile Time Trial running race!

Join us for the first ever Schuylkill Mile Time Trial running race! What's a *time trial* race? Instead of starting everyone out at once, only one 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 \$5 (cash only), with special guest: Olympic two-time bronze medalist runner!

It starts on the new Schuylkill River Park Trail (Schuylkill Banks) at the King Drive "donut" 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. It's exactly one mile!

Cycling time trials have existed for years on King Drive. We can now do it for running on the Schuylkill River Park Trail (Schuylkill Banks). Start is 9:00 am on Sunday, April 6. Arrive at the start 30-90 minutes early for registration, please.

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 strongly encourage pre-registration, the day before (Saturday), 12:30 - 1:30pm & 4 - 6pm near the middle of the course (at the Race Street crossing). We will be at the closest bench with race bibs. Try to have exact \$5.

Any 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 \$5, 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 photos, and you will be able to buy them for... no, no, no, they will be yours, free! Allow 8-12 weeks... no, no, no, they are digital, so we'll get them to ya promptly! Seriously! Be sure we have your neatly printed email address (no one else will receive your personal info, and we won't send any emails except for this race).

If there's enough interest, we hope to make this an annual event, or perhaps every spring and fall. 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 12 or older to race. Race may be limited to 100 runners.

The first ever Schuylkill Mile Time Trial running race!

When: Sunday, April 6, 9:00 am sharp (arrive 7:30 - 8:30 to register)

NOTE: extreme weather postpones the race to Sunday April 13, 9:00 am. If so, those on the list will be notified via email, and the website will announce it.

Where: Schuylkill River Park Trail / Schuylkill Banks (start: West River / King Dr. donut + end: Locust St. donut)

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

More info: smtt@live.com
www.tcnj.edu/~gruenfel/smtt.html

(course photos, transportation, parking, and more pre-registration info are on the website)

Not racing? Volunteers needed!

