



**Sunday, March 17, 2019**

**Gateway Plaza – 110 Newport Center Dr.,  
Fashion Island, Newport Beach**

### START TIMES

Registration	6:00 a.m.
Expo	6:30 a.m.
*10K	6:30 a.m.
*Youth 5k	7:30 a.m.
<b>Starting @San Nicolas</b>	
*Open Mile (high school & Older)	8:10 a.m.
*Elite Mile	8:20 a.m.
*Dog Mile (13 & Older)	8:25 a.m.
*5K	8:35 a.m.
5K Family Walk & Stroller 5K	8:37 a.m.
Family Mile	9:30 a.m.
1 Mile (11-14 yrs)	9:40 a.m.
1 Mile (9-10 yrs)	9:50 a.m.
1 Mile (7-8 yrs)	10:00 a.m.
½ Mile (5-6 yrs)	10:10 a.m.
¼ Mile (4 yrs)	10:15 a.m.
**Toddler Trot (in expo)	10:00 a.m.

*\*Time Limits/Restrictions below \*\*Multiple starts until 10:30 a.m.*

### REGISTRATION & EXPO LOCATION

Registration, Packet Pickup, & Youth, Fitness & Dog Expo are in the parking lot next to the finish line in Gateway Plaza, 110 Newport Center Drive.

### GETTING TO THE EVENT

Spirit Run has partnered with **Waze** to help you navigate around road closures! Download Waze for free to avoid event-related road closures. *Roads closed include portions of San Clemente, Santa Maria, Santa Rosa, Santa Cruz, San Nicolas eastbound San Joaquin between San Simeon and Avocado, and all of Newport Center Drive (circle) at Civic Center and around. Parking is at the Edwards Big Newport 6; 300 Newport Center Drive.*

### TIME LIMITS, QUALIFYING TIMES, OTHER RESTRICTIONS

**10k** - Participants not on a 13 minute per mile pace or faster will be directed to the sidewalk to finish.

**5k** - Participants expecting to finish after 9:15 a.m. will be directed to the sidewalk to allow Fashion Island access.

**Elite & Open Mile** To be eligible for awards, men & women in the Elite Mile must finish under 4:15 & 4:50 minutes, respectfully, & men & women in the Open Mile must finish in 10 minutes.

**Dog Mile** – Participants must finish in 15 minutes.

**Family Mile** – Participants must finish in 20 minutes.

**Parents In Youth 5k** - Parents/Guardians of Youth in Youth 5K may register for Adult 5K & run Youth 5K but must start in back & are not eligible for awards. *No other adults please.*

### BIB NUMBER WITH EMBEDDED CHIP

To appear in the results & to be eligible to win medals & prizes, registrant must wear the bib assigned to him/her.

### USATF CERTIFIED COURSES

Adult & youth courses except ¼ mile are USATF certified.

### ST. PATRICK'S DAY THEMED FEATURES \*\*\*\*

Get your Irish on at Spirit Run by going green in the St. Patrick's Day costume contest at 9:10 AM at Expo Stage. Adults, claim your lucky charms at the finish line – a four leaf clover and free "Banger Bites" coupon from Muldoon's. If you didn't pre-order one, limited quantities of Spirit Run's St. Patrick's themed event shirts are available for purchase.

### ADULT RACES – MEDALS & PRIZES (Post High School) \*\*\*

**FINISHERS' MEDALS:** Adult finishers receive 4 leaf clover medals.

**WINNERS' MEDALS:** Top 3 men & women win as follows:

- **15k & Elite Mile** overall
- **Dog Mile & Open Mile** 19 & Up in Dog; 19-39 & 40-54 in Open
- **5k and 10k** starting with 19-24, in standard 5-year age divisions
- Open Mile.** Top 2 men and women 55 & up win medals

### ADULT CASH PURSE – see <https://www.nmspiritrn.org/awards-results>

**Elite Mile:** Top 5 men under 4:15 & top 5 women under 4:50 win cash.

**5k Elite Division\*\*\*:** Top 5 men under 15:15 minutes & women under 17:15 age 19-39 win cash.

**5k Masters Division\*\*\*\*:** Top 3 men under 16 minutes & women under 18:00 age 40 & up win cash.

### OTHER ADULT PRIZES \*\*\*

**15k:** Top 3 men & women overall win \$50 **Dick's certificate.**

**Dog Mile:** Top 3 men & women 19 & up win \$25 **Lazy Dog Café card.**

**Open Mile:** The top 3 men & women 19-39 & 40-54 and top 2 55 & up win \$50 **Dick's certificate.**

**5k Elite Division\*\*\*:** Men and women placing 6<sup>th</sup> – 10<sup>th</sup> win choice of \$50 from **Dick's** or pizza for a year at **Blaze Pizza, Fashion Island.**

**5k Non-Elite:** Top 10 men & women 19-39, top 5 40-54, top 3 55-64, top 2 65-79, & top 2 80 & up win pizza for a year at **Blaze Pizza, Fashion Island.**

**10k:** Top 5 men & women 19-39 & 40-54, top 3 55-64, & top 2 65 & up win pizza for a year at **Blaze Pizza, Fashion Island.**

### YOUTH RACES – MEDALS & PRIZES (High School & Younger)\*\*\*

**FINISHERS' MEDALS:** Youth finishers in the ¼ - 1-Mile races, Youth 5K, Family Mile, Open Mile, & Toddler Trot receive Spirit Run finisher medals!

**WINNERS' MEDALS:** Top 3 boys & girls in Youth 5k divisions below under prizes, 15-18, in Open Mile, 13-14, 11-12, 9-10, 8, 7, 6, 5, & 4 in the Youth ¼ - 1-Mile races receive winners' medals.

**Youth 5k:** Top 10 boys & girls 15-18 & top 3 13-14, 11-12, & 9-10 win pizza for a year at **Blaze Pizza, Fashion Island.** Top 3 8 & 7 & under win \$10 card from **Balboa Candy.**

**Youth & Open Miles:** Top 3 boys & girls 15-18 in the Open Mile, 13-14, & 11-12 & 9-10 in the Youth Mile races win pizza for a year at **Blaze Pizza, Fashion Island.** Top 3 boys & girls age 8, 7, 6, 5, & 4 in the Youth ¼ - 1-Mile races win \$10 card from **Balboa Candy.**

**Dog Mile:** Top 3 boys & girls age 13-18 win a \$25 card from **Lazy Dog.** *Under 12 not allowed in dog mile.*

### MEDAL, PURSE, & PRIZE AVAILABILITY

Awards will be available at Awards Booths except in 15k & cash prizes that will be available after the event. Visit [www.nmspiritrn.org/awards-results](https://www.nmspiritrn.org/awards-results) for *schedule of award distribution at Spirit Run.* Unclaimed awards will be available for pickup for a brief time after the event. Visit [www.nmspiritrn.org](https://www.nmspiritrn.org) after the event for details.

\*\*\*Visit Awards & Elites pages at [www.nmspiritrn.org](https://www.nmspiritrn.org) for all prize & medal details including qualification for 5k Elite Division.

\*\*\*\* Visit St. Patrick's Day Features pages at [www.nmspiritrn.org](https://www.nmspiritrn.org) for fun planned to celebrate St. Patrick's Day.

\*\*\*\*\*Competitors may not win in both Elite 5k & 5k Masters Divisions.