



SAGE TO SUMMIT

BISHOP CALIFORNIA

WINTER RACE SERIES 2009/10

Race Series Dates:

11/21/09	5K
12/12/09	5K
01/23/10	10K
02/20/10	10K
03/20/10	15K
04/17/10	13.1 mi.

The 2nd Annual SAGE TO SUMMIT Millpond Winter Race Series 2009-10

The race series held last winter was well received so we've decided to put it on again in the same low-key fashion with a few minor changes, and additions. Here's the beta:

- 6 races (5K, 5K, 10K, 10K, 15K, Half-Marathon)
- \$10/event or \$50 for series
- Race series-logo'ed Asics Core Tank Tops (Yeah, we know it's a WINTER race series but, hey, this is sunny, warm Bishop and we like the irony.) will be available for \$15 (dirt cheap for a screened, synthetic top!) Men's (grey) and women's (lavender) color options.
- No pre-registration, race day registration only beginning at 7am each Saturday
- Courses TBA and posted at www.sagetosummit.com (all courses will be on dirt roads/trails and start/finish at Millpond)
- All races will be 9am Saturday starts
- Each mile will be marked so you can better pace yourself/get splits
- No aid for 5Ks, one unmanned aid station in 10Ks & 15K at halfway points with water and electrolyte drink mix. Half marathon will have 2 aid stations, one with some snacks.
- Finish line refreshments to include water, electrolyte drinks, bagels, fruit
- Overall male/female series winners will receive a free pair of running shoes based on the following points system: 1st place receives points equal to the # of people entered in the race so if 50 people enter 1st place gets 50 points, 2nd place 49, 3rd place 48, etc. Anyone who completes all 6 races receives bonus points equal to the 1st place points in the race with the largest field. Male/female with most cumulative points runs away with new shoes!
- As an incentive for those seeking fitness improvement there will be a little prize for those who better there 5K and 10K times (courses will be the same each time) (Hint: Don't bother sandbagging in the first race at each distance to ensure a better second race time. Your pride is worth much more than the prize: we guarantee it!)
- Post-series raffle after the final race

