

**2008 GET IN GEAR 10K/5K/2K EVENTS**  
**SATURDAY, APRIL 26, 2008**

**Congratulations! You are officially entered into the Get in Gear 10K or 5K or 2K events. Listed below is additional race information:**

**START TIMES**

2K Fun Run: 8:30 A.M. (Pre-race warm-up at bandstand at 8:00 a.m.)  
10K Run/Walk: 9:30 A.M. (Pre-race warm-up at bandstand at 9:00 a.m.)  
5K Run/Walk: 9:50 A.M. (Use 10K Pre-race warm-up)

**PARKING – VERY IMPORTANT!!**

There will be **no parking allowed** at the park on race morning. Only race officials with pre-issued parking permits are allowed into the park itself with a vehicle. If vehicles are found parked in “no parking” areas they **will be issued a ticket.**

**PARK & RIDE**

There is an official Get in Gear Park & Ride at the VAMC (Veterans Affairs Medical Center). Beginning at **7:00 a.m.** incoming vehicles will be directed to parking spots. Buses will be waiting at **the front entrance circle of the VAMC** to bring passengers to the drop-off point at Minnehaha Park which is at the bus turn-around on the west side of the Pavillion. Buses will run continuously and will then be waiting at the drop off point to bring participants back to the VAMC until **about Noon.** Buses will not return to VAMC with passengers until **after** the 5K race start. (9:50 a.m.) It is one mile to the VAMC. If you need to return earlier it is recommended that you walk or jog. Light rail is also an option as there is a station located at the VAMC and also at 46<sup>th</sup> Street. Please go to [www.metrotransit.org/rail/index.asp](http://www.metrotransit.org/rail/index.asp). **School buses carrying “Fit for Fun 2K” participants can use the drop-off point at Minnehaha Park but MUST park at the VAMC until further notification. Check with your school Fit for Fun coach for further information.**

**FOOD DRIVE INFORMATION – SECOND HARVEST HEARTLAND:**

**Don't Forget!!** Second Harvest Staff will be collecting your non-perishable food items at the Pavilion before the race.

**BAGGAGE DROP**

This will be located inside of the Pavilion. There are also public toilets in the Pavilion as well as 25 additional porta-potties located near the start/finish area of the 10K and start area of the 5K.

**CHAMPIONCHIP INFORMATION (10K & 5K races only)**

Follow the simple instructions on your Chip envelope explaining how to attach the Chip to your shoe. You **must return your chip** after you cross the finish line which will be set up as a chip return area. Failure to do so will result in a \$30 assessment. If for any reason you do not start the race, please mail your chip per envelope instructions.

**COURSE INFORMATION (Course maps will be posted at the Pavilion and at Information Tent)**

2K: Start lining up by 8:15a.m. under the 46<sup>th</sup> Street Bridge. Course is an out and back on the Mississippi River Road.

10K: Start lining up by 9:15 a.m. The start and the finish are both on Godfrey Boulevard. Both will be clearly marked. Listen to announcements directing you accordingly on race morning.

5K: Start lining up immediately after the 10K start clears the start area of the 5K. Announcements will be made accordingly. 5K will start promptly at 9:50a.m.

**DIRECTIONS: (Directional signs for VAMC will be posted on race morning)**

**There will be traffic control at the intersection turning into the VAMC from Hwy 55.**

From the North: I35 South to Hwy. 62 East to Hwy. 55/Hiawatha

From the South: 35W North to Hwy. 62 East to Hwy. 55/Hiawatha

From the Northwest: 194 East (or 394 East to 94) to 35W South. Hwy. 62 East to Hwy. 55

From the Southwest: 1494 East to 35W North to Hwy. 62 East to Hwy. 55

From the East: 35E South to 7<sup>th</sup> St. West (Hwy. 5) to Hwy. 55 North to Hwy. 62.

**Signage is posted on 55 showing direction to VAMC. Incoming vehicles will be directed to parking.**

**NOTE: VAMC has two entrances off Hwy. 55. Both Old Minnehaha and E. 54<sup>th</sup> St. will access the VAMC. To avoid congestion on Hwy. 62 please use both of these streets to access the VAMC.**

More questions: Call our hotline (612-722-9004) Maps for VAMC posted at [www.getingear10k.com](http://www.getingear10k.com)