

NEWS RELEASE

FOR IMMEDIATE RELEASE
April 1, 2009

CONTACT: Pat Goodwin
952-924-1081

INAUGURAL GET IN GEAR HALF MARATHON ALMOST FULL; RACE STARTING TIMES CHANGE

Minneapolis – Get in Gear’s new Half Marathon, which will be held in conjunction with the 32nd running of the Get in Gear 10k on April 25, is expected to reach its limit of 1,000 participants within the next two weeks. In addition, registration for the event’s signature 10k is already 10 percent ahead of entrants at this time last year.

Race officials also announced changes in the start times of the various Get in Gear races as follows:

- The 2k with the Fit for Fun participants will begin at 8:00 a.m.;
- The 10k and Half Marathon will start at 9:00 a.m. (with the 10k elite wave at 8:56 a.m.); and
- The 5k will get underway at 9:20 a.m.

“Once we finalized the course for the half marathon, we realized it made sense logistically to start the 10k and half marathon at the same time rather than 30 minutes apart,” said Paulette Odenthal, Get in Gear executive director. “This will be the first year for the half marathon and I think it is going to be real successful. We’re certainly pleased with the response and are confident it will fill prior to race day.”

The half marathon participants will run the same course as the 10k until the 5.5-mile mark when half marathoners will continue on to an out-and-back portion to complete the 13.1 mile distance. All races start and end at the same location in Minnehaha Park in Minneapolis. Runners will be timed by disposable chips - with a Get in Gear logo – that they can either keep as a memento or recycle at the event.

Participants in the inaugural half marathon will receive a commemorative drawstring backpack. Course maps for all the events, including the half marathon, can be found on the race web site at www.getingear10k.com.
