



# The 3rd annual Schuylkill Mile Time Trial running race!

Join us for the 3rd annual Schuylkill Mile Time Trial running race! What's a *time trial* race? Instead of starting everyone out at once, only 1 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 a special guest!

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.

Cycling time trials have existed for years on King Dr. We've now done it successfully for running on the Schuylkill River Park Trail (Schuylkill Banks). Start is 9:00 am on Sunday, April 11. Arrive at the start between 7:30 & 8:30am for registration.

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'll be at the closest bench with race bibs. Try to have exact \$5. NEW FOR 2010: Online Pre-Registration starting April 4! See the website ([www.miletrial.org](http://www.miletrial.org)) for info. We accept only PayPal online (PayPal lets you use a credit card as a guest if you aren't a member). You aren't guaranteed a bib until you've paid, but we can take your info to speed things up. Otherwise, only cash is accepted at the race.

Net proceeds go to two groups focusing on the Schuylkill River Park Trail: Schuylkill River Park Alliance (Free Schuylkill River Park)([www.riverparkalliance.org](http://www.riverparkalliance.org)) and Schuylkill River Development Corporation (Schuylkill Banks)([www.schuylkillbanks.org](http://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 digital photos, and they will be yours, free! Be sure we have your neatly printed email address (no one receives your personal info, and we won't send any emails except for this race).

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 80 runners.

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**When:** Sunday, April 11, 9:00 am sharp (arrive 7:30 - 8:30 to register)

**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)

**Email:** [smtt@live.com](mailto:smtt@live.com)

**Website:** [www.miletrial.org](http://www.miletrial.org)  
(for course & race photos, parking & transportation, past results & photos, and more pre-registration info.)

**Facebook:** Schuylkill Mile Time Trial

**Not racing? Volunteers needed!**

