

## Race Info

Written by

Friday, December 17 2010 00:59 - Last Updated Wednesday, May 25 2011 10:02

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### FOOT MECHANICS

### MEMORIAL DAY MAIN STREET MILE

*Presented by Dick Pond Athletics & New Balance*

**Race Date:** Monday, May 30, 2011

**Start Time:** 7:30 a.m. (event will take about 90 minutes to complete in seven waves)

The St. Charles Memorial Day Parade to follow immediately.

**Official Spokesperson:** Tera Moody, St. Charles native and member of the U.S. marathon team at the 2009 World Championships

**Timing:** Chip timing/clock provided at each quarter mile and at the finish

**Race Location and Course:** Main Street, St. Charles, Ill. (14<sup>th</sup> Street & Main to Riverside Ave. & Main Street). USATF certified 1-mile course.

[View Larger Map](#)

**Race Day Parking and Facilities:** Free race day parking for registered runners and their

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fans will be available at Valley Shopping Center and in the downtown ramps. Porta-johns will be available near the Start Line in the Cash for Gold parking lot. Restroom facilities also are available for public use at Tri-City Fitness located in the Valley Shopping Center.

**VIP Reception for sponsors, VIPs and committee members:** Rx Cafe

**Charitable Beneficiaries:** Proceeds from the Foot Mechanics Memorial Day Main Street Mile will benefit Salute, Inc. ([www.SaluteInc.org](http://www.SaluteInc.org)) and Save-A-Vet.org

**Memorial Day Weekend Activities in St. Charles:** Join the fun in St. Charles for the entire Memorial Day weekend! The city proudly presents its annual Fine Arts Festival May 28 to May 30, 2011. Stake your spot as a spectator for the race and stay for the Memorial Day parade at 10 a.m., immediately following the Elite race.

**Race Director:** ☐ Shelley Simmering, 630-740-6331 ☐ ☐

[www.footmec1\\_mnex1.com](http://www.footmec1_mnex1.com)

[info@footmec1\\_mnex1.com](mailto:info@footmec1_mnex1.com)

### Race Registration

**Registration Fees:** Special Early Bird Registration Fees through April 15, 2011: \$15 (age 7-10) and \$25 (age 11+). After April 1 registration fees increase to: \$20 (age 7-10) and \$30 (age 11+).

Late registration will be available at Packet Pick-up on May 29, 2011 (11 a.m. to 3 p.m.) ***Not: Those registering late at Packet Pick-up are not guaranteed a race Goody Bag.*** ☐

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***NEW this year! Families of four or more (limited to parents and minor children only) will receive a 20% discount on entry fees!***

**\*\*NO RACE-DAY REGISTRATION WILL BE AVAILABLE -- NO EXCEPTIONS \*\***

### **Elite Race Registration:**

· **Elite Race for Cash Bounty and 1<sup>st</sup> through 5<sup>th</sup> Place Cash Awards:** Only time-qualified Elite runners are eligible to compete for the \$1,000 Cash Bounty and 1<sup>st</sup> through 5<sup>th</sup> Place Cash Awards. Qualification is determined by information provided by the elite candidate on the registration form and by possible subsequent interview. If you have any questions about your qualifications for racing in this category, please contact the Race Director.

### **IMPORTANT:**

**Qualified Elite runners racing in the Elite Race Category are not eligible to win any other Individual, Special or Team awards, including Age Group Awards and Top 3 Open or Top 3 Masters Trophies.**

### **Individual Race Registration:**

· **Individual □ Jr. High (age 11-14)**      · **Individual Sr. High (age 15-19)**

**Individual □ Open □ and Age Group Categories**

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(age 20-29, 30-39)

- **Individual Master Open and Age Group Categories** (age 40-49, 50-59, 60-69, 70-79, 80-89, 90+)

**Special Individual Race Registration:** · **New Balance Military Tribute Open:** Individual veterans, active military, reservists, or military family members wishing to pay tribute to our U.S. military heroes, living or deceased may register to run in this military tribute. Veterans and military members, please designate your military status and the branch of service. If you are racing to pay tribute to a specific veteran or military member living or deceased, please provide the name and status/branch of the person you are honoring on your registration form. Have a story? We'd love to hear it! We will be honoring your service and the service of those you love, by announcing the names of these special people at the start of the race and sharing the inspirational stories of our race winners at the Award Ceremony!

### Special Team Race Registration

- **Dick Ponds Challenge - Main Street Merchants** Individuals may register as part of a Main Street Merchant Team in the Dick Ponds Challenge and race as an unlimited team for Fastest Merchant Team Award (averaged finish time of all racers) and Largest Merchant Team Award (total number of finishers on the team). Local Merchant teams will compete with other merchants in the area for these special awards. Teams are formed simply by indicating on your individual registration form, the Merchant you are racing for – teams may be any size and all ages.

- **Dick Ponds Challenge - Booster Clubs** Individuals may register as part of a Booster Club Team in the Dick Ponds Challenge and race as an unlimited team for Fastest Booster Club Team Award (averaged finish time of all racers) and Largest Booster Club Team Award (total number of finishers on the team). Local Booster Clubs will compete with other

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Booster Clubs in the area for these special awards. Teams are formed simply by indicating on your individual registration form, the Booster Club you are racing for—teams may be any size and all ages. Booster teams with 30 or more members will receive a donation equal to 20 percent of their registration fee.

### Pet Pals Top Dog Race

Adult owners (age 18+, however, children under 18 can run with their dog only if accompanied on the run by a registered and running adult ) and their dogs may register to race as a team (comprised of one dog and one owner only) for the new Pet Pals Top Dog Award! For everyone's safety, all competing dogs must be leashed with the owner in control at all times. Owners will be required to sign an affidavit stating that their dog is immunized, socialized and sufficiently trained to run/heel for purposes of this race. Maximum 6-foot leash is allowed; retractable leashes are not allowed. Race Director reserves the right to direct staff to pull dogs/owners off the course at her sole discretion if they are in non-compliance or present a danger to themselves or others.

**IMPORTANT: Due to the potential assist provided by their dogs, owners are not eligible to win an Age Group Award, a Top 3 Open or Top 3 Masters Award, or the Age Graded Fastest Miler Award.**

**Four-Person Team Race Registration:** A maximum and minimum of four (4) individuals may sign up as a Team at time of registration. Each Team member must register individually to race under the same Team Race Category, under the correct name of the 4-Person Team of which they are racing as a member. Teams with fewer or greater than 4 team members will be disqualified. In addition to selecting a Team Name, each 4-person team must designate a Team Captain who is also a member of the Team and who will be responsible for ensuring that all individual registrations, including payment, are properly submitted together. The Team Captain must also register individually, indicating the Team Racing Category, Team Name, and listing the full names of the other 3 Team members participating on the Team

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**All four members of the Team MUST qualify for the Team Race Category selected. For example, if the Team registers to race in the Master's Category, ALL 4 MEMBERS of the Team must be 40 or older.**

**4-Person Teams may register to compete for award in ONLY ONE of the following Team Race Categories:**

- **Middle School All-Male or All-Female Race Team** (limited to age 11-14; teams may register as All-Male or All-Female only)

- **High School All-Male or All-Female Race Team**  
(limited to age 15-19; teams may register as All-Male or All-Female only)

- **Family Team**  
(limited to one or two parents with minor children)

- **Open Male, Female or Mixed Race Team**  
(limited to age 20-39; teams may register as All-Male, All-Female or Mixed)

- **Masters Male, Female or Mixed Race Team**  
(limited to age 40+; teams may register as All-Male, All-Female or Mixed)

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### **New Balance Military Tribute Race Team**

(limited to veterans, active military, reservists and their families; only 4-person race teams are limited with specific membership requirements.

#### ANYONE

wishing to honor U.S. military living or deceased may run in the New Balance Military Tribute wave.)

**In addition to a possible Team Award in one Team Race Category, all members of the 4-Person Teams are eligible for all other Individual and Special Race Category Awards EXCEPT for the Elite Race Category awards and Top Dog awards. IMPOR**

#### **TANT:**

To facilitate efficient timing, each INDIVIDUAL member on a Team will be assigned to run in a specific WAVE based on the running speed of that individual. As a result, individual team members

may

be assigned to run in different WAVES and may not be able to run together as a Team in the same Wave. All runners

must

run in the WAVE assigned to them by the Race Director.

### **Race Packet Pickup**

**Packet Pickup and Race Expo:** Packet Pickup will be held 11 a.m. to 3 p.m. May 29, 2011, in the parking lot by Dick Ponds Athletics & Foot Mechanics, located at 303 N. 2

nd

St. in St. Charles, Ill., 60174. This year we will also be hosting a Race Expo at the Packet Pickup to highlight our sponsors!

### **Fed Ex “packet pickup” Option**

: Next Day Fed Ex delivery of your Race Packet to your office or home is available for an additional \$20. This optional service is available through online registration at

[www.Active.com](http://www.Active.com)

only until May 25, 2011.

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### Race Goody Bag:

All registered runners will receive a Goody Bag including an Official Foot Mechanics Memorial Day Main Street Mile racing bib, timing chip, special Dick Pond's and Foot Mechanic's discounts for products and services, as well as sample products, information, and coupons from race sponsors and other local merchants. All registered runners (age 11+) may choose to receive either Official Race Day tech-wear arm warmers or cotton T-shirt with race logo as part of their Goody Bag at Packet Pick-up. Younger finishers (ages 7-10) who would like to receive either the arm warmers or T-shirt may do so by paying an additional \$10 above the \$15 registration fee for that age group at time of registration.

### Race Logistics

**Races will be conducted in waves. The Wave Start Times listed below are tentative and subject to change. Racers will be provided their Wave Assignment and Official Wave Start Time at Packet Pickup on May 29, 2011 (9 a.m. to 3 p.m.) For logistical reasons, racers MUST run in the Wave assigned by the Race Director.\***      **1<sup>st</sup> Wave:** Dog & Owner — 7:30 a.m.

**2**  
nd

#### Wave

: Masters Open/4 Person Teams (age 40+) — 7:45 a.m.

**3**  
rd

#### Wave

: Dick Ponds Challenge and Open Individual/4-Person Teams (age 20-39) — 8 a.m.

**4**  
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#### Wave

: Family Team and Youth Open (ages 7-10 with or without parent) — 8:15 a.m.



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5  
th

### Wave

: Jr. High and Sr. High Individual/4-Person Teams (ages 11-19) — 8:30 a.m.

6  
th

### Wave: □

New Balance Military Tribute Individual/4-Person Team — 8:42 a.m.

7  
th

### Wave

: Elite — 8:55 a.m.

*\*To ensure that all races are completed as efficiently as possible in the time allowed, you may be placed in a Wave that does not correspond to your race. Wave assignments are based in part on anticipated finish time. □ Due to timing logistics we cannot have runners with very dissimilar speeds racing in the same wave. However, because you are chip timed, your time is properly recorded ensuring that you are competing in the correct race and/or team for potential award regardless of the Wave you physically run in. □ In addition, if we do not receive sufficient numbers of registered racers for a specific Wave Category, we may combine Waves and/or Categories to ensure sufficient runners per Wave.*

**IMPORTANT: □ Wave Assignment and Official Wave Start Times will be given to each racer at Packet Pick-up. Official Wave Start Times will also be posted on the race website at**

[www.footmec1\\_mnex1.com](http://www.footmec1_mnex1.com)

**by 7 p.m., May 29, 2011. □ Official Wave Start Times will also be posted near the race Start at Tri-City Fitness and near the Finish at the Arcada Theatre. □**

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### Awards & Prize Money

**IMPORTANT:** Award winners MUST be present at the Award Ceremony to receive their award. □ Award winners forfeit any claim to their award if they fail to appear at the ceremony to accept it. □ **All runners will be eligible for raffle prizes: don't miss the chance to win!**

### Elite Race Category

**\$1,000 CASH BOUNTY for Fastest Male and Female Elite:** The Fastest Elite Male finishing sub 3:53 (2010 Bounty Winner course record) and the Fastest Elite Female finishing sub 4:30 will receive a Cash Bounty of \$XXXX.

### 1<sup>st</sup> to 5<sup>th</sup> Place Male and Female Elite:

The Top 5 Elite Male and Top 5 Elite Female racers (*excluding Bounty Winners, if any*) will receive Cash Awards: 1

st

—\$200; 2

nd

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—\$150; 3  
rd

—\$100; 4  
th

—\$75; 5  
th

—\$50.

*(If a winner is a high-school student, the cash award will be donated to the scholarship fund TBD at his/her school.)*

### IMPORTANT

: Only qualified Elite runners may compete in the Elite Race Category for the Cash Bounty and Cash Prizes. Runners qualified for the Elite Race Category are not eligible for any other Individual, Special or Team Race Awards.

### Individual Award Category

**Age Group Awards:** Medals will be awarded to the Top 3 Male and Top 3 Female finishers in each Age Group Category. Age group categories awarded include: (7-10), (11-14), (15-19), (20-29), (30-39), (40-49), (50-59), (60-69), (70-79), (80-89), (90+).

**Top 3 Male and Female Open Division Trophies:** Trophies will be awarded to the Top 3 Open Males and Top 3 Open Females age 20 -39.

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**Top 3 Male and Female Masters Division Trophies:** Trophies will be awarded to the Top 3 Masters Males and Top 3 Masters Females age 40 – 90+.

### Special Award Category

**NEW! The Zimmerman Ford Fastest Miler Award:** Fastest Miler based on AGE-GRADED times (excluding Elite racers and Top Dog racers) will be awarded a trophy and a gift certificate. Only one racer will receive this award.

### NEW! Dick Ponds Challenge Awards:

#### Main Street Merchants

will have the opportunity to compete against other Main Street Merchants for TWO special awards:

1.

#### Fastest Merchant Team Award:

The race times of all racers registered to run as a member of a specific Main Street Merchant Team will be averaged; the fastest averaged race time of all participating Main Street Merchants will receive a Fastest Merchant Team Award Plaque recognizing their accomplishment as well as a special discount night at Dick Ponds Athletics.

2.

#### Largest Merchant Team Award:

The Merchant with the most runners who register to run as a member of their specific Main Street Merchant Team and who successfully finish the race, regardless of time, will receive a Largest Merchant Team Award Plaque recognizing their accomplishment as well as a special discount night at Dick Ponds Athletics.

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**Boosters Clubs** will have the opportunity to compete against other Booster Clubs for TWO special awards:

1. **Fastest Booster Club Team Award:** The race times of all racers registered to run as a member of a specific Booster Club will be averaged; the fastest averaged race time of all participating Booster Clubs will win a special discount night at Dick Ponds Athletics.

2. **Largest Booster Club Team Award:** The Booster Club with the most runners who register to run as a member of their specific Booster Club Team and who successfully finish the race, regardless of time, will win a special discount night at Dick Ponds Athletics.

***NEW! This year Foot Mechanics ALSO will reward the winners of the Fastest Booster Club Team Award and the Largest Booster Club Team Award, with 20% back from their total Team registration fees!***

**NEW! Pet Pals Top Dog Awards** : The fastest three dogs and their owners will receive a Top Dog award, including a special dog tag, race day bandana and a Good Dog treat. Because of the possible assist obtained from their dog, owners running with their dogs in the Top Dog Race Category are not eligible for award in any other Individual, Specialty or Team Race Category including Age Group awards.

### **IMPORTANT:**

Racers competing in the Elite Race Category as well as dog owners competing in the Top Dog Race Category are not eligible for Age Group Awards or Open Division and Masters Division Trophies or Fastest Miler Trophy. Elite Racers and Dog & Owner Teams will compete solely within their respective category for awards.

### **4-Person Team Award Category**

**4-Person Male, Female and Mixed Open Team (age 20-39)** Each member of the Top 3 Male, Female and Mixed Open Teams will be awarded gift certificate or New Balance products. Team Finish times will be calculated by totaling all Team members times.

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**4-Person Male, Female and Mixed Masters Team (age 40+)** Each member of the Top 3 Male, Female and Mixed Masters Teams will be awarded gift certificate or New Balance products. Team Finish times will be calculated by totaling all Team members times.

**4-Person New Balance Military Tribute Team** Each member of the Fastest 4-Person New Balance Military Tribute Team will be awarded a gift certificate or New Balance products and all active or veteran military members will also receive an honorary plaque. New Balance Military Tribute Teams may include veterans, active military, reservists, and civilians wishing to pay tribute to members of the US military living or deceased. Team Finish times will be calculated by totaling all Team members times.

**4-Person Family Team** The Fastest 4-Person Family Team (1-2 parents and minor children) will be awarded a gift certificate for valuable products/services. Team Finish times will be calculated by totaling all Team members times.

**4-Person All-Male and All-Female Jr. High School Team (age 11-14)** Each member of the Fastest All-Male and All-Female Jr. High School Team will be awarded New Balance products. Team Finish times will be calculated by totaling all Team members times.

**4-Person All-Male and All-Female Sr. High School Team (age 15-19)** Each member of the Fastest All-Male and All-Female Sr. High School Team will be awarded New Balance products. Team Finish times will be calculated by totaling all Team members times.

## Race Results

**NEW! ALL Race Finishers Receive Medals** All registered runners successfully finishing the Foot Mechanics Memorial Day Main Street Mile in any and all Individual, Special

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and Team categories, including the Elite Race Category, will receive an Official 2011 Foot Mechanics Memorial Day Main Street Mile dog-tag medal, with the American flag and race logo.

Race results will be posted at the Arcada Theatre immediately following the Elite Wave finish, after all races have been completed. Results will also be posted at

[www.footmec1\\_mnex1.com](http://www.footmec1_mnex1.com)

within one to two days following the race. Any questions pertaining to race results should be directed to Shelley Simmering, Executive Race Director by email, [Support@footmec1\\_mnex1.com](mailto:Support@footmec1_mnex1.com)

### Awards Presentation

All awards will be presented on stage at 9:30 a.m. at a special Inspirational Awards Ceremony at the historic Arcada Theatre near the race finish. You will not want to miss this! The Memorial Day parade starts 10 a.m.; stay for the fun and to honor our veterans!

**IMPORTANT: Award winners MUST be present at the Award Ceremony to receive their award. Award winners forfeit any claim to their award if they fail to appear at the ceremony to accept it**