

Dear Race Participant,

It is with great honor that I welcome you to the 30<sup>th</sup> running of the Spa 10K, 5K, and Spa Squirt event. I speak on behalf of the organizing local running club, Spa Pacers, when I say that we are thrilled that you have chosen this race whether you are a competitive runner, a casual runner, a walker or a first-timer. It is our hope that the event will exceed your expectations.



Highlights of this year's race are:

- The 10K and 5K courses are the same as they were last year and will both start at 8:00 a.m.
- We are going to have chip time at the start of the race as well as the finish. This means your race time will not begin until you cross the mat at the start line. Because of this we hope you line up according to your time you hope to have during the race. In other words, be considerate of faster runners and allow them towards the front.
- This year, we are anticipating over 200 walkers in the 5K race, which is awesome. At the start of the race, we would like to have the walkers start behind the runners. We will have a sign posted for the walkers to line up behind. Also, finishing the race, coming down Market Street onto Convention Boulevard, we would like to have the walkers be on the right side of the road and the runners coming down the middle to the left side to avoid congestion at the finish. I'm a runner but I realize it takes both runners and walkers to make a successful event. All I ask is for you to be courteous and aware of your fellow competitors.
- Walker awards will be given this year in 10-year increments so if you registered as a walker you must walk. Walkers will be on the honor system.
- We will have a water stop on top of West Mountain. The way we look at it..... you've reached the top and we're going to reward you with a nice cool drink of Mountain Valley Water. Other water stations will on Whittington Avenue and Quapaw.
- We are again partnering with the Hot Springs Junior Auxiliary in their annual Coats for Families. Bins will be on site the day of the race to donate any size coat, new or gently used for kids and adults.
- New this year, the Award Ceremony is moving inside and will be held in the Convention Center in Meeting Room 207 at 10:00 a.m.
- Eric Jackson, General Manager of Oaklawn Park will have the honors of starting the 5K and 10K race. Mr. Jackson was very instrumental in starting the Spa 10K Race 30 years ago as an avenue to bring tourism to Hot Springs. Now 30 years later and 1000 race participants, we are still going strong!

In celebration of our 30<sup>th</sup> year of running the Spa 10K, we have 2 race participants that have run the previous 29 races. Dick Gladden and David Samuel are both signed up to compete in this year's race and at the completion of the race will have run all 30 of them. Wow, what an accomplishment! If you get a chance, congratulate them, they deserve it!

**As in past years, we are proud to have Teen Challenge of Arkansas and Friends of the Parks as recipients of a portion of the funds raised from the Spa 10K.  
Both are worthy causes that deserve our support!**

Runner....thank you! You make this race worth the running!!! You are the reason we are in our 30<sup>th</sup> race year. Good Luck and enjoy the race!

Kindest regards,  
*Dave MacKenzie*  
2011 Race Director

# Spa 10K and 5K Event Schedule

## **FRIDAY, NOVEMBER 18**

**Location:** Arlington Hotel Mezzanine, 239 Central Avenue

3:00 p.m. – 8:00 p.m. – Registration, Packet and Timing Chip Pick-up

6:00 p.m. – 8:00 p.m. – Arkansas Spa Pacers Welcome Reception with complimentary appetizers and beverages

## **SATURDAY, NOVEMBER 19**

**Location:** Hot Springs Convention Center at Summit Arena, 134 Convention Blvd.

6:00 a.m. – 7:15 a.m. – 10K/5K registration and packet pick-up and timing chip pick-up

**Important Information:** If changing race, it must be done by 7:15 a.m. race morning!

8:00 a.m. – 10K/5K race start (one block east of the Convention Center)

9:00 a.m. – Post race food and refreshment and Spa Squirt registration

9:30 a.m. - Spa Squirt Start (earlier start time and new location)

Behind Summit Arena on Church Street

Awards given out immediately after races finish

10:00 a.m. – Spa 10k/5K Awards Ceremony - new location, Convention Center, Meeting Room 207

# IMPORTANT RACE INFORMATION

## PACKET PICK-UP

You can pick up your race packet and timing chip either Friday evening from 3:00 p.m. - 8:00 p.m. at the Arlington Hotel or race morning from 6:00 a.m. -7:15 a.m. at the Convention Center Summit Arena. **You must have your bid to pick-up your timing chip!**

## CHIP TIMING

Oh we live in a great age of running! Chip timing..... Wow! But those chips cost money, therefore, **YOU ARE RESPONSIBLE TO SEE THAT YOUR CHIP GETS TURNED BACK IN. IF NOT, THERE WILL A \$30.00 FEE.**

## START

The 5K and 10K will start at 8:00 a.m. sharp. Because we are going to have chip time at the start of the race and at the finish, please be considerate of the faster runners and allow them to start at the front.

## COURSE CLOSES

The course will close after 90 minutes (9:30 a.m.) so any participant on the course will be moved to the sidewalk by the course security.

## POST RACE

The Spa Pacers are providing hot soup post race. The food tent will be set-up behind Summit Arena on Church Street where the Squirt Race activities will be. Go have some soup and watch the kids run.

## AWARD CEREMONY

The award ceremony will be in a new location this year .... inside the Convention Center. From the Summit Arena entrance you can walk down to the main entrance of the Convention Center. Go up the stairs and the awards ceremony will be in meeting room 2007.

## INCLEMENT WEATHER POLICY

The race director reserves the right to postpone or cancel the race due to inclement weather or other conditions that could be hazardous to the runner. Typically, this will only include (but is not limited to) lightning or thunderstorms. Delays and cancellations are entirely at the discretion of the race director. Unfortunately, due to the nature of these events, no refunds will be given.

# A Marathon Thank You to our Spa 10k Sponsors!

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**Spa Pacers Running Club for hosting and planning the 30th running of the Spa 10K**