



The MACKLIND AVE Mile

St. Louis' Downhill Mile
This Fourth of July, come out and sprint, stroll or swagger the fastest – and most fun – race in the St. Louis area.

The race starts at the South City YMCA and barrels down Macklind Ave. to Devonshire, losing a total of 118 feet in the process.

So bring out the family and set a PR, meet some new people and have a blast. After all, it's only a mile!

Register Today!

To register by mail,
send completed **entry form** and
\$15 check to:
Big River Running Company
5352 Devonshire Ave.
St. Louis, MO 63109

Deadlines and details
on how you can register in-person or online
are also included in this brochure.

**Please help us in our efforts
to have a smooth and timely race by
REGISTERING EARLY!!**

big river
RUNNING
company

5352 Devonshire Ave.
Saint Louis, MO 63109

www.bigriverrunning.com



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Presented by
Big River Running Company

Saturday, July 4, 2009



Big River Running Company invites you to join us in celebrating Independence Day by running in the second annual Macklind Avenue Mile. The race starts at the South City YMCA and barrels down Macklind Ave. to Devonshire, losing a total of 118 feet in the process. Last year's race was a huge success and this year is going to be even bigger and better!

SCHEDULE OF EVENTS:

- 9:00 AM Men's Start
- 9:15 AM Women's Start
- 9:35 AM Elite Wave
- 9:50 AM Kids Quarter Mile Dash
- 10:30 AM Awards Ceremony
- 10:30 – Noon Post-Race Party on Macklind Avenue

Registration

By mail, must be postmarked by June 27th. In-person, at either Big River Running Company location through July 1st. The South City location will except in-person registrations through July 3rd. Register online at www.MacklindMile.com. Race day registration is only available from 7:30 - 8:00 AM. Race day registrants will NOT receive chip timing or be listed in the race results. PLEASE REGISTER EARLY!!

Packet Pick-up

Thursday, July 2nd and Friday, July 3rd at Big River Running Company's South City Store, 5352 Devonshire Ave. Race day pick-up is available in the YMCA parking lot from 7:30 - 8:30 AM. Please help us in our efforts to have a smooth and timely race by arriving EARLY!!

Parking

Please park in the YMCA lot located at 3150 Sublette Ave. Participants are responsible for returning to their vehicles upon the conclusion of the race and post-race party. Limited shuttles back to the START will be available for those in need.

Start-Line Instructions

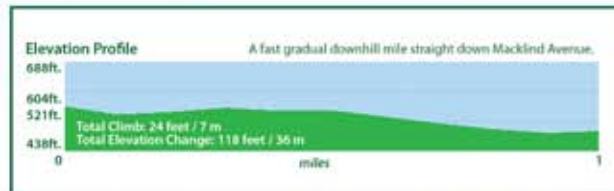
To ensure everyone gets a fair shot at a super-fast PR, we are having chip timing for the race! So that no one gets bogged down in the first few meters, we will have pace signs that will correspond with your predicted finish time. PLEASE start in the correct spot. Your chip will not be activated until YOU CROSS THE START LINE. So, there is no need to push your way to the front, unless you plan on winning!

Moms, Dads and Children

The Macklind Avenue Mile is a family-friendly event. Moms who want to run with their sons or dads who wish to run with their daughters may do so. Please run in the wave that corresponds to mom's or dad's gender. The chips will take care of everything else!

The Course

The Macklind Avenue Mile begins at Macklind and Sublette, just southwest of the YMCA parking lot. Runners and walkers will head DOWN Macklind Avenue before finishing in front of Big River Running Company on Devonshire and Macklind. The course drops 118 feet in elevation from start to finish with the third quarter of the race seeing the biggest drop. The race finishes with a roughly 300 meter straightaway so you will have to earn that fast finish!



Awards

"Totally Rad" Macklind Avenue Mile Awards will be given to the top three overall male and female finishers as well as the top three in each of the following age divisions (male and female): 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Post-Race Party

PLEASE stick around for the post-race party on Macklind Avenue. In addition to the music, food and beer that we will provide at the finish line our sponsors – The Mack Bar and Grill, Manzo's Importing Company and The Murdoch Perk – will be OPEN for a great 4th of July lunch.

Registration Form

Race day entrants will NOT receive chip timing. We encourage you to sign up BEFORE race day!

Name: _____

Age on Race Day: _____ Gender: _____

Address: _____

Phone: _____

Email: _____

Shirt Size (Circle one): S M L XL

Cost: ____ \$15 Payment Method: ____ Cash ____ Check
(Made payable to: Big River Running Company)

Waiver of Liability: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, demands, actions and causes of actions against Big River Running Company, LLC, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. Further, I hereby grant full permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parent (if child is under 18) _____ Date _____

Mail to: Big River Running Company,
5352 Devonshire Ave., Saint Louis, MO 63109
(postmarked by June 27th)

Questions: Call 314.832.2400 or
email us at info@bigriverrunning.com