

ARR 24 HOUR RUN TO THE FUTURE RACE INFORMATION

The race begins promptly at 9:00 AM. If you arrive late for the start of your race you may still compete, but the time you've missed is lost and cannot be made up.

A pre-race meeting will take place at 8:45 AM. At the 9:00 AM start, you will begin circling the loop counter-clockwise. Thereafter, you will change direction every two hours (at 11:00 AM, 1:00 PM, etc.). Many runners find this helps minimize overuse injuries as weight is shifted a bit differently on the curves.

The course is a 964.45 meter loop (USATF Cert #AZ09004TLB). You may leave the loop at any time. The timing system will record your down time, and you don't need to report to race officials. If and when you decide to continue, you must return to the loop at the same place you left it, and complete the lap you were on when you stepped off the loop, in the same direction as you were going, regardless of the direction other runners are moving when you return. This ensures that you are credited with the correct number of laps.

If you wish to **stop completely** well before the official end of your race, inform the race director, or whoever is in the timing tent at the time, that you are quitting or leaving early and **remember to turn in your chip!**

Timing is done with the ChampionChip timing system. Each runner is given a small timing chip. Zip ties will be provided to attach the timing chip to your shoe. A shoelace works well, too. Please do not wear gaiters as they may interfere with the chip's sensitivity. It is the **runners' responsibility** to have the chip on at all times!! **Laps done without a chip are not counted by the timing system.** There are no exceptions! We will print out the total laps and distance in kilometers and miles every hour and post it near the aid station.

REGISTRATION:

- **To register by mail**, fill out the entry form on the back of this brochure, sign it and mail with payment to the address on the form.
- **Online registration** is available at active.com.
- **Day-of-race is available.** Payment via cash or check only.

ARR Club Information

The club was incorporated in November, 1970, as a non-profit organization to promote running for health and fitness and is governed by a volunteer board of directors.

Presently, the club produces runs of all types annually, from 1 mile to 50 kilometers. In addition, the club assists at many additional runs, providing equipment and expertise to organizations to raise funds for worthwhile projects.

Now through the **Arizona Road Racers** you can buy your own personal chip that can be used at any ChampionChip timed event in the world. In addition, the ChampionChip Company is working on a web page that will record race information on all chip owners.

Chips bearing the **Arizona Road Racers** logo will be available at all club events for \$35.

Join the **Arizona Road Racers** through active.com or by filling out a brochure at any of our races.

ARR Membership Benefits

- **Discounts** at businesses like the Runner's Den, the New Strapped Jock, the Scottsdale Running Company, RunAZ, Sole Sports Running and Road Runners Sports.
- Discounts to club runs when you pre-register
- The ARIZONA ROAD RACERS offer **discounts** to chip owners on our chip-timed events throughout the year.
- Quality races with results appearing on this web site usually on the same day.
- Free weekly coaching sessions available at Rose Mofford Park and Scottsdale Community College. Go to the ARR website for details, www.arizonaroadracers.com.
- Camaraderie and fellowship of a nice bunch of runners.
- Bimonthly issues of the *ROADRACER* containing results, stories and pictures.

FOR MORE RACE INFORMATION

Please call (602) 954-8341 or send email to info@arizonaroadracers.com



A block of rooms have been reserved for December 29, 2009 - January 5, 2010. The special room rate will be available until December 10th or until the group block is sold-out, whichever comes first.

Hampton Inn and Suites -- \$79 (Call 623-516-9300 and ask for Arizona Road Racers Room rate)

Homewood Suites -- \$89 (Call 623-580-1800 and ask for Arizona Road Racers Room rate)

Circle the fee that applies	Thru 11/15	After 11/15	Race Day
ARR Member	\$70	\$80	\$95
Non ARR Member	\$75	\$85	\$100
Purchase a Chip	\$35	\$35	\$35
ARR Single Membership	\$20	\$20	\$20
ARR Family Membership	\$30	\$30	\$30
Total Cost			