

# 2010 ATHLETE GUIDE



RU Ready?

# WELCOME TO ALL RUNNER

We would like to welcome each and every one of you and are thrilled to have you as part of the historical inaugural event.

This lifestyle event has garnered an overwhelming response from runners, students, alumni, faculty and the entire region, with 4,000 runners participating, 650+ student volunteers and more than 25 local bands performing along the beautiful 13.1 mile course.



As you know we pride ourselves on providing the highest quality races in unforgettable locations and we think we have done that again with this race. We hope you will agree!

There are so many people to thank that make this race possible and have worked diligently with our team from day one. From the Department of Recreation, Rutgers University Police, Transportation, Parking and EMS Departments, City of New Brunswick, and Johnson Park to

more than 650 student volunteers throughout race weekend.

So please REMEMBER TO THANK THE VOLUNTEERS AND ALL RUTGERS UNIVERSITY STAFF along the way!

Visit [www.cgiracing.com](http://www.cgiracing.com) for more race details.

# RACE DAY AT A GLANCE

## **FREE HEALTH AND FITNESS EXPO**

Friday, April 16, 12-6

Saturday, April 17, 10-5

Sonny Werblin Recreation Center

656 Bartholomew Rd.

Piscataway, NJ 08554

Enjoy a variety of vendor booths offering free product samples and interactive fitness activities

## **Mandatory Pre-race Athlete packet pickup**

### **Note:**

Race Day Packet Pick up is available only to those who have **pre-reserved** this service. It is no longer available.

## **RACE DAY**

Sunday, April 18, 2010

- |             |  |
|-------------|--|
| 8:00        | Last Shuttle to Start Line from College Ave.   |
| 8:30        | Race begins! At Werblin Rec Center on Busch Campus<br>Featuring Rutgers Alumni marching band<br>Enjoy music almost every mile of the course!                                     |
| 9:00 – 1:00 | Finish Festival! In Voorhees Mall on College Ave. Campus   |
| 11:00       | Awards Ceremony<br>Celebrate victory with refreshments, games, and a LIVE free concert featuring Chico's Vibe.<br>Alumni can meet up with old friends at the Class ReUNITE Area. |

# PACKET PICKUP

**IS MANDATORY FOR ALL ATHLETES ON FRIDAY APRIL 16 OR SATURDAY, APRIL 17 (times above).**

If you have **PRE RESERVED** your packet **IN ADVANCE** it will be available for you on race morning from 6:30 -8:00 am at the large tent in front of the Werblin Recreation Center at Start Line. **NOTE** – only those athletes who have **PRE RESERVED** will have packets available on race morning. No other packets will be at the race site. To confirm you have pre-reserved your race day packet pickup refer to the entry list.

**PLEASE MAKE SURE YOU HAVE THE FOLLOWING REQUIRED ITEMS WITH YOU WHEN YOU PICK UP YOUR PACKET;**

- 1. PHOTO ID – no photo no race.**
- 2. STUDENT ID – this is only for those 2009-2010 students. If you are registered as a student but are not or do not have photo id you will be required to pay the current entry fee.**

## **HERE'S HOW IT WORKS**

- Look up your bib number on the alphabetical athlete list posted at the registration area.
- Go to the appropriate line (**BIB #'S ARE LISTED OVERHEAD**) based on your bib number and present your ID to the volunteer. You will be given;
  - a. Bib with chrono track attached. Instructions for applying chrono track will be posted at registration and are contained within this packet.
  - b. Technical shirt
  - c. Goody bag - Some very cool swag so look inside.

# GEAR CHECK

Gear Check buses will be available at the start line (Campus Rd.) from 6:30 am - 8:30 am at which time they will move to the Finish Line at College Ave and Seminary Ave.

Here's how it works;

1. Label all your items that you place in your gear check bag.
2. Tear off the part of your bib with your number and affix to your bag.
3. **Note:** this is the only way for us to find your bag so if you don't affix a tag we will not be able to locate your bag.
4. **When you have finished racing go to Gear Check and pick up your bag.**

**PLEASE LABEL ALL YOUR GEAR WITH YOUR NAME  
OTHERWISE IF IT IS LOST WE WON'T BE ABLE TO RETURN IT TO YOU!**

# RACE DAY

**AN EARLY ATHLETE IS A RELAXED ATHLETE.....**

**Please Give Yourself Plenty Of Time. Arrive Early...Traffic Will Back Up.**

**PARKING AND DIRECTIONS ARE AVAILABLE ONLINE**

<http://www.cgiracing.com/unite/ParkingDirections.aspx>

**We strongly encourage you to walk to start if you park at the College Avenue campus. It is only about 1 mile and will probably take less time than waiting for the shuttle. A walking map is available online at**

<http://www.cgiracing.com/unite/ParkingDirections.aspx>.

Remember you can only park in **DESIGNATED** locations. If you park anywhere else you will be towed or may be on the actual course. Please tell **SPECTATORS THIS AS WELL.**

**Johnson Park is closed from Saturday at Midnight through race day - no parking at all.**

Please **DO NOT** ask the traffic officers questions.

1. Please proceed quickly and safely into the lots.
2. **DO NOT DROP OFF ATHLETES** at the Start. Drop off at the corner of Sutphen and River Rd (**DO NOT** turn on Sutphen Rd.) -no drop offs beyond this point.

## **THINGS TO KNOW ABOUT THE COURSE**

There will be port a potties located approximately every one and half miles along the course.

## **TWO WAY TRAFFIC**

There are certain parts of the course that are two way runners please be aware of the cones indicating such and always stay to the right of the cones.

## **CORRALS**

Please line up behind the appropriate **PACER** holding the **MIN MILE** sign. If you are slower or walking please line up in the back so as not to "clog" the start of the race.

## **PACERS**

Pacers will be available from 7 minute mile to 12 minute mile.

## **TIMING**

Timing mats will be at start, finish and turnarounds.

# RACE DAY

## **RACE FINISH:**

The race course will officially close four hours after the GUN start. If you do not make the cut off you will be allowed to continue without assistance.

## **POST-RACE:**

Be sure to stick around and enjoy a free concert located right at beautiful Voorhees Mall. Concessions are available for family and friends at the famous RU Hungry Grease Truck on College Avenue.

## **TIMING, RESULTS & AWARDS:**

Lin-Mark Computer Sports will be handling the official timing. You **MUST** use the chip they provide you. You may **NOT** use your own chip. Unofficial race results will be posted prior to the awards presentation. Athletes who do not wear their chip during the entire event will not be scored and will not receive a finish time. Full results and splits will be available on our web site at [www.cgiracing.com](http://www.cgiracing.com) within 24 hours after the race.

## **DROPPING OUT:**

If you drop out of the race, it is **IMPERATIVE** that you notify a race official or CGI Staff person and return your timing chip at the finish line.

# COURSE MAP

# SPECTATOR INFO

## **The course is great for spectators!**

It is easiest to move around on foot. The ideal viewing locations are;

Start Line

The RAC - Livingston Campus

Football Stadium - Busch Campus

Finish Line - College Avenue Campus

**We strongly encourage you to tell your family and friends to cheer you on!**  
Bring signs, cowbells, horns, bells whatever they want to motivate you to the finish. It may be hot so bring lots of water, hats and sunscreen.

## **SPECTATORS PLEASE FOLLOW THESE GUIDELINES SO WE CAN HAVE A SAFE AND FUN EVENT....**

**Parking** - Please do not park along the course. There is sufficient parking in the throughout the Campus.

**Please do not follow your athlete in your car on the race course - this can be very dangerous.**

**Timing is everything** - Be sure to ask you athlete in advance what time they think they will be at various miles along the course and the best time to catch a glimpse of them! It makes your spectating much more fun.

**Information** - Should you need information about an athlete at any time during the race please go to the Information Area at the Finish Line and see a CGI Racing team member.

# THANK YOU

We would like to thank everyone who has supported not only this race but all the CGI races. This is going to be a phenomenal race and we have you to thank for it.

Moreover we would like to applaud each and every one of you ~ whether this is your first ever half marathon or you have raced many before ~ who will finish this race. Running is a sport of ah-ha moments. It's when you first realize that yes, you are half way there. It's when that person passes you and yells "come on you can do it". It's when you can see the finish line (and your whole family) and know you are going to do this. We challenge you to look for these ah-ha moments. Relish them. Learn from them. We are better people because of them.

**“The difference between the impossible and the possible lies in a person's determination.”**

**Tommy Lasorda**

Have a great race!

*Larry and Michele Redrow*  
*Race Directors*