

Welcome to the Martha Jefferson 8K Run & 4K Walk

We're delighted to have you with us for the
14th Annual MJ 8K Run & 4K Walk.

Thanks to YOUR support, all of the event's proceeds will benefit the Community Services Outreach Programs at Martha Jefferson Hospital. Please take a few extra minutes to read the instructions below...doing so will insure a better event for both you and our hard-working race day volunteers. We've enjoyed preparing for this year's race and hope you all have a great time.
Enjoy!

Julia Bellis & Alec Lorenzoni 2010 Race Directors

- Race day parking will be available at LexisNexis or along the neighborhood streets adjoining Martha Jefferson Hospital. Please arrive about 45 minutes to an hour prior to the start (we will start promptly at 8:00am).
- Please pin your race number to the FRONT of your shirt. Pin the four smaller holes, but do NOT pin the lower / "tear-off" portion of your number. Please make sure all of the information on this lower portion is correct. Do NOT detach this portion until AFTER you have crossed the finish line, at which time a race official will need it for race results.
- ACAC will lead a pre-race stretch & warm up at 7:45am under the balloon arch in front of the Martha Jefferson Hospital Ed Center.
- The course is partially closed to auto traffic, but we cannot guarantee that it will be free of vehicles. We will have 75 volunteers and 10 police officers, for your safety, along the course, but we still encourage you to **pay close attention and to be safe**. Walkers please abide by the pedestrian signal at Locust and High.
- The course will be marked with arrows, and we will have course monitors at all of the intersections. We will have water near Bizou on the Mall (approx. 2.5 miles) and Clark Elementary School (approx. 4.25 miles). Splits will be read out loud to you at miles 1, 2, 3, & 4. Remember to pace yourself and to try and run "negative splits"...in other words, try to make your first mile the slowest splits, and try to make every mile after that faster.
- After crossing the finish line please proceed swiftly through the entire length of the "chutes" at which time you will hand in the "tear-off" part of your race number (please do NOT stop in the chutes). Now you're officially finished...go ahead and head into the MJ Education Center for refreshments and awards. **Celebrate!**

Thank you for your support☺

SunTrust and ACAC

Optima Health, CenturyLink and The Corner 106.1

Very special thanks to the Charlottesville Police Department, CTC, and our wonderful volunteers

**Martha
Jefferson Hospital**