



# THE KINSTON 8000: RUN FOR THE RIVER

SATURDAY, MARCH 24, 2007

**1 Mile Fun Run - 8:30 am**  
**8k - 9:00 am**

## REGISTRATION/ STARTING POINT:

Neuseway Nature Center  
Riverbank Road & Caswell Street

Race day registration/packet can be picked up from 7:00 am to 8:30 am at the Neuseway Nature Center.

- The 1 Mile Fun Run will begin and end within the Neuseway Nature Center.
- The 8k race will end on Herritage Street at or near the Gordon Street intersection.
- Finish line service will be conducted by Young and Associates.



The Hampton Inn is the official race hotel. Discount rates are available for all Kinston 8000: Run for the River participants and spectators Mar. 23, 2007 & Mar. 24, 2007. Call 252-523-1400, identify yourself as a participant/spectator in the Kinston 8000: Run for the River to reserve your discount. Shuttle service at 20-minute intervals to and from the race beginning at 7:00 am, Mar. 24, 2007 will be offered to hotel guests. The Hampton Inn is located at 1382 Hwy. 258 South, Kinston, NC 28504.

## SCHEDULE FOR HOTEL EVENTS

Mar. 23, 2007

- 6:00 pm – Briefing for race volunteers
- 7:00 pm – Welcome reception\* for runners, sponsors and volunteers

*\*Early bird race registration/packet pick up will be available at Hampton Inn.*

Mar. 24, 2007

- 7:00 am – Shuttle to Neuseway Nature Center
- 7:20 am – Shuttle to Neuseway Nature Center
- 7:40 am – Shuttle to Neuseway Nature Center
- 8:00 am – Shuttle to Neuseway Nature Center
- 10:40 am – Return shuttle following awards ceremony
- 11:00 am – Final shuttle to Hampton Inn

# AWARDS

**8K:** The awards ceremony will begin immediately after results are tabulated. Cash awards will be made to the top three overall male and female winners: 1st place: \$250.00; 2nd place: \$175.00; and 3rd place: \$150.00.

The top three male and female finishers from Lenoir County will each receive a \$50 award. The top three male and female runners in each age category will also receive medals. No duplication of awards.

**1 MILE RUN:** Each finisher in the 1 Mile Fun Run will receive an award.

**1 MILE FUN RUN:** 8 & under, 9-10, 11-12, 13-14, 15-17, and 18 & over

**8 KILOMETER:** 19 & under, 20-29, 30-39, 40-49, 50-59, and 60 & over

**RACE/COURSE:** The 8k course is a semi-loop, fast, mostly flat asphalt course through commercial and residential areas of Kinston. The course is USAT&F certified. 8k runners will take their places at 8:45 am. Splits will be called at each mile interval. Refreshment centers will be located at strategic points along the route. The 1 mile course is an out-and-back flat asphalt course. The runners will take position at 8:30 am. Security, safety and medical services will be provided.

Maps of the race courses on the back of this brochure.

**INFORMATION:** Contact Race Director Tim Knobloch, Recreation Superintendent at Parks & Recreation: Cell: 252-526-8823; Office: 252-939-3336

## ENTRY FORM

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
SEX \_\_\_\_\_ AGE ON MARCH 24, 2007 \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

RACE:  1 mile Fun Run  8k

T-SHIRT SIZE:  Small  Medium  Large  Extra Large

ENTRY FEE: (for both races) \$15.00 by mail or at registration. Please make all checks payable to Pride of Kinston. RACE WAIVER ON BACK MUST BE SIGNED!

MAIL TO: The Kinston 8000: A Run for the River, C/o Pride of Kinston, 327 N. Queen Street, Kinston, NC 28501, 252-522-4676