

2019 Race Details

- Date: Saturday, September 14, 2019
- Location: Downtown Greenway/N. Eugene St/LoFi Park (500 N. Eugene St)
- Race Distance: 1 mile & 4 mile
- Race Start Time: 4:30 pm (1 mile) and 5:00 pm (4 mile)
- Registration Closes: Thursday, September 12 at 9:00 pm



Entry Fees

4 Mile Run (includes a t-shirt by local sponsor Home State Apparel, available while supplies last and 2 beverage coupons)

- **\$20.00 NO t-shirt included/** Until August 31 at 11:59pm
- **\$25.00 T-shirt included/**Until August 31 at 11:59pm
- **\$25.00 NO t-shirt included/** August 31-Sept 12 (9pm)
- **\$30.00 T-shirt included** August 31-Sept 12 (9pm)
- **\$35.00** Race Day
- **\$80.00** 4 Mile Family 4 pack
- **\$15.00** GSO Student Rate Until August 31 at 11:59pm
- **\$20.00** GSO Student Rate AFTER August 31
- **\$10.00** GSO Faculty Rate Until August 31 at 11:59pm
- **\$15.00** GSO Faculty Rate After August 31

1 Mile Run (includes t-shirt by local sponsor Home State Apparel, available while supplies last and 2 beverage coupons – NOT TIMED)

- **\$15.00** Non-Student
- **\$10.00** Student
- **\$20.00** Dog Registration
- **\$50.00** 1 Mile Family 4 pack
- **Kids 6 and Under FREE**

Schedule

- 4:00-8:00pm- Live music, food and entertainment at Downtown Greenway/N. Eugene St/LoFi Park (500 N. Eugene St)
- 3:00-4:15 pm – On-site Registration & Packet Pick Up at Downtown Greenway/LoFi Park
- 4:00-4:25 pm- Warm-up with The Shoe Bus, Mobile Fitness Boutique
- 4:30 pm – 1 Mile Run/Walk and Doggie Jog begins
- 5:00 pm – 4 Mile Run begins
- 4:00-8:00 pm—Block Party
- 6:00-8:00 pm –Gipsy Danger Band
- 6:15 pm – Projected awards ceremony (will be adjusted based on last finisher's time)

Food & Entertainment:

In celebration of the 10th annual event, a block party will be held in LoFi Park and on North Eugene between Smith and the entrance to Deep Roots parking lot. Hospitality Sponsor, Deep Roots Market will close a portion of their parking lot for the event. Food will be for sale by Crafted Art of Street Food, Kono Pizza Truck and Kona Ice; beverages for sale by beer sponsor Preyer Brewing. Music provided by local band Gipsy Danger. Kids activities and vendors will be on site for the block party.

Packet Pickup:

Saturday, September 14

3:00-4:15 pm

Downtown Greenway/N. Eugene St/LoFi Park (500 N. Eugene St)

Timing/Awards

This event will be timed using a bib-tag timing chips. The timing chip will be on the back of the run number. This will not need to be turned back in after the race – it is disposable. It will be a chip time start. That means your time will not start until you reach the start timing mat. Make sure your number is clearly visible on the front of your body. Chip Time is the time your chip crossed the start timing mat. The awards for this event are based on Chip Time.

Awards for the 4 mile run

Top 3 in each of the following categories:

Top 3 M/F Overall

Top 3 M/F Masters Overall

Top 3 Age Groups (M/F):1-12, 13-20, 21-29, 30-39, 40-49, 50-59, 60+

For more information or to register, go to:

www.jonesracingcompany/run-4-greenway

For more information, contact Race Director, Laura Lorenz at llorenz@actiongreensboro.org at 336.387.8355 or cell 336.457.7156 or Benji Jones at Jones Racing Company 336.471.3322