

5th Annual ECHO “Catch-Me-If-You-Can” Training Run/Race

What? An informal and low-key **5-mile training run**/race with a twist. Faster runners are handicapped to produce a staggered start with mass finish(es)...instead of the typical mass start with staggered finish.

Why? To give everyone an opportunity for a **motivating quality run**...to get feedback on how your training is going, to get in a good workout that still counts for the Heart in 2 weeks, or to just enjoy a unique fun run.

When? **Saturday, March 15th, 2008**. The “pole position” runner will be **started at 7:30am** followed by staggered starts until the last (fastest) runner is sent off around 7:55-8:00am...mass finish(es) around 8:25.

Where? The **Lunken bike path** starting by the terminal up on the levee, counterclockwise 2 ½ miles then back (so you get a good look at runners ahead/behind you). This run is unrelated to the Cavalier 5K starting at 9am.

How Much? **\$5 donation** (bring it to the race) – **100% of donations go to Down Syndrome of Cincinnati** (hoping to write a \$200 check to them). Runners can use bathrooms at the terminal. Sorry, no t-shirts, bling-bling, or elaborate timing systems. You must **wear a watch** to time “your” independent time.

Interested? **Email your name & goal pace to dmax@fuse.net** (preferably by Thursday, March 13th)

- You decide your pace. It's a flat, fast course, so some may want to race it, others may opt for a tempo run or even do it as part of their long run. Regardless, challenge yourself to make it a quality run AND to not penalize your “team” with sandbag points (best to error on the optimistic side). Recommendations?
- If you're training for a marathon or ½, turn in a medium tempo pace (add 15-20s to your 10K race pace).
- If you are training for the Mini-Heart or less, turn in a hard tempo pace (add 10s to your 10K race pace).

Rules of engagement:

- Unlike typical races where heckling is taboo, SNIDE REMARKS and BANTER are encouraged.
- Email us a personal comment (about another runner) to appear in chalk on the course.
- As an extra motivator, runners are randomly assigned a team color with colored wristband to be worn on their left wrist (easily seen by passing runners).
- When you pass a runner, you decide if you want their band(s). Only other team's bands help your team.
- If a runner asks for your band(s), you must hand them **ALL** over.
- **NO** bands may be taken prior to the ½ mile or after 4½ mile marks (safe zones).
- At any one time, you may **ONLY** have band(s) that you took from **ONE** runner (so you may **NOT** ask for more unless someone takes all of yours or you find one on the ground).
- If you re-pass the person who took yours, you **CAN** get them back.
- Any dropped bands on the ground can be picked up by **ANYONE**.

Awards:

- The official “Sandbagger” award goes to the first person to cross the finish line.
- Bragging rights to the Team with the **LOWEST total points** in the following 4 categories (using very complex NCAA BCS football algorithms that we don't even understand):
 - (1) Modified cross-county scoring: 1st place= -3pts (incentive to win it for your team), 2nd place=+2 pts, 3rd=+3pts, etc. Tied runners receive the same points for that place.
 - (2) Team “wristband” points (-3 points for each wristband from another team).
 - (3) Sandbag penalty points (+1 point for each 5 second increment under your estimated time).
 - (4) Failure to record your time on your watch (forcing us to estimate it), judge's decision that a runner delayed crossing the finish line, any other violations, or if we don't like your running attire (+3 points).

Any questions? please email dmax@fuse.net

The ECHO running group <http://www.run-echo.com/>