

team/corporate division

Minimum - 5 Members

The corporate division award will be determined by the following criteria: Total time of first five team members to finish divided by the total age of the same five team members. Lowest aggregate score will win a special award. Team members are encouraged to dress in similar outfits or costumes. Entry fee for team members is \$22.00 each.

history of sailin' shoes

The name Sailin' Shoes comes from a 1970's song by the group Little Feat. The first race was run in 1978. It was held on a "10K" course that was a bit short, with under 600 participants, and was put on by a couple of "directors" who didn't have a clue what they were doing - they quickly wiped out the supply of safety pins from every 7-11 early on that first race morning. Luckily, the kind folks at the Runners Roost took the race under their wing in 1980. Thanks to fantastic race sponsors, the City and Police Dept. of Colorado Springs, the help of a core group of dedicated volunteers, the Pikes Peak Road Runners, Springspree and countless others, Sailin' Shoes remains the fun community event it is today. For more information about Sailin' Shoes go to www.springspree.org and click on Sailin' Shoes Race.

ymca camps

The YMCA of the Pikes Peak Region believes in providing programs and services that build healthy spirit, mind and body for every member of our community. In 2008, the YMCA involved 142,997 people from all segments of the region, bringing together people of all faiths, ages, backgrounds and incomes.

Proceeds from this year's Sailin' Shoes will go to support the YMCA's commitment to ensuring that programs are available for all, regardless of ability to pay. Funds will be used to provide scholarships for youth, teens, adults and seniors to participate in YMCA programs. The YMCA believes that providing children and families with programs that enhance their spirit, mind and body is an investment in the future of the community. Thank you for your support! www.ppyymca.org

dedication



Sailin' Shoes is dedicated to the memory of our dear friend Doug Blough, originator of the Sailin' Shoes logo and the designer of our T-shirts for the first twenty-nine years. We miss you Doug!

31st year



5k and 10k

Kid's One Mile

June 20, 2009

Sponsored By:

Pikes Peak YMCA

Jose Muldoon's

Mackenzie's Chop House

Old Chicago

Southside Johnny's

The Ritz Grill

ALSO SPONSORED BY:

*PEPSI COLA CO.

*RUNNERS ROOST

*BRUEGGER'S BAGELS

*MICHELOB ULTRA

*MOUNTAIN MAMA NATURAL FOODS

Cash Prizes in 5k!

sailin' shoes tradition

José Muldoon's, Mackenzie's, Old Chicago, The Ritz Grill, and Southside Johnny's together with our community neighbors, Mountain Mama Natural Foods, Pepsi, Michelob Ultra, and Bruegger's Bagels, will sponsor the **THIRTY-FIRST Annual "Sailin' Shoes Run For Fun"** in an effort to promote healthy activity in the Pikes Peak Region. Now a continuing tradition, this event has been growing in attendance yearly, so come out and have fun with your friends and neighbors running our 5K and 10K courses through downtown Colorado Springs and Monument Valley Park!



Finest Quality Meats & Mixed Drink

Taking you back to a time when going out to eat meant dining; being treated to an extraordinary meal with exceptional service. Featuring regional American fare with thick cuts of steaks and chops and the freshest seafood. Fine wines compliment your meal, and delicious desserts and after-dinner drinks finish it off. The atmosphere is rich with highly crafted woodwork and original 1890's stonework. Lunch Monday through Friday - Dinner Monday through Sunday. Patio. Reservations recommended. 128 South Tejon Street 635-3536 www.mackenzieschophouse.com



Located downtown at 121 N. Tejon St. The Runners Roost has been supporting running events in Colorado Springs since the store opened in

1977. Runners Roost has served as the race headquarters for Sailin' Shoes since 1980. Along with providing race information, the Runners Roost also serves as Colorado Springs' premier specialty running store—working with athletes to make sure they are in the proper footwear and the latest technical apparel. Locally owned since 1977. Please come by and see us for all your running needs. Colorado Springs • 632-2633



YMCA of the PIKES PEAK REGION

The YMCA of the Pikes Peak Region serves over 125,000 people of all ages with before and after school programs, fitness, swim lessons, summer camp, sports, active older adults, family activities, and much more. This year's proceeds from Sailin'

Shoes provide scholarships for YMCA youth programs. Runners can expand their fitness program at the YMCA with Pilates, yoga, swimming, indoor cycling, strength conditioning, massage, and more! Seven locations www.ppyymca.org • 473-9622



"It's better to eat at a great bar than drink at a restaurant."

Located in the southern district of Downtown, Johnny's is a fun, casual bar and restaurant that serves delicious burgers, wings,

sandwiches and other classic tavern fare. A new addition is the classy Paradox wine & martini bar lounge located on the west side of the building. Live music or DJ's Tues-Sat from 9pm. 528 South Tejon • 444-8487 www.southsidejohnnys.biz



Lively Downtown Bistro with BIG CITY Style! The menu features a wide variety such as salads, appetizers, pasta specialties, stir-fry,

seafood, and always something for those who choose to dine with their health in mind. Several wines are available by the glass. Enjoy the art deco atmosphere and horseshoe bar. Live bands or DJ's nightly from 9:30 pm. Lunch Monday through Saturday from 11:00 am - 4:30 pm. Dinner nightly from 4:30 p.m. Sunday brunch from 9:30 a.m. - 2:30 p.m.

15 S. Tejon Street • 635-8484 www.ritzgrill.com



Opened in 1974 and remodeled in 2007. Jose's features authentic tex-mex and mexican fare served in a contemporary Sante Fe styled

establishment. The popular bar features hand-crafted margaritas, over 50 tequilas, and 6 flatcreen HD TV's for the best sports viewing downtown. Huge patio, outdoor bar and firepit are available for year-round open air dining. Private party rooms available for up to 80 people. Located across from Acacia Park. 222 N. Tejon Street • 636-2311 • www.josemuldoons.com



Home of The World Beer Tour, Fresh Pasta, Deep Dish Pizza and the Giant Chocolate Chip Cookie! Three locations in Colorado Springs to serve you.

Enjoy some fresh pasta with one of our famous sauces. Authentic deep dish pizza, sandwiches, salads and Italian specialties are also available. There is something for everyone from kids to adults. Kids menu! 110 brews featured from around the world. Sports bar - satellite dish and cable for all the games. Open daily at 11:00a.m., serving the same great menu until the wee hours of the night.

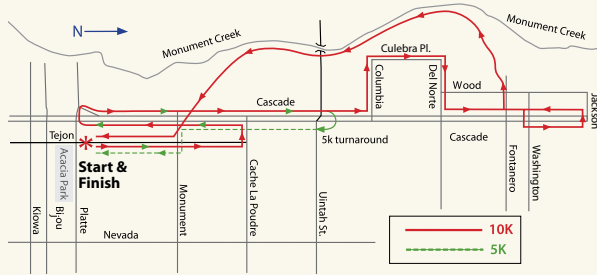
4110 N. Academy - 536-0633 • 7115 Commerce Center Dr. - 593-7678
118 N. Tejon St. - 634-8812 • 3190 New Center Point - 591-8996
www.oldchicago.com

Sailin' Shoes Run For Fun

5K and 10K Race

STARTING TIME: 7:00 a.m. sharp, June 20, 2009

START & FINISH LOCATION: On Tejon Street, at the corner of Tejon & Boulder



DISTANCE: 3.1 or 6.2 miles.

COURSE: The course is uncongested and basically flat, covering city streets around downtown and through the "old north end" residential area.

AID STATIONS: Water will be available at the start/finish area and along the course.

SPLIT TIMERS: At the mile marks.

AWARDS: Cash prizes will be awarded to the top three men and top three women in the 5K. Gift certificates from José Muldoon's, Ritz Grill or MacKenzie's Chop House will be awarded to the top three men and top three women in the 10K. A pair of Mizuno running shoes will be awarded to the overall male and female in the 10K and 5K. There will be a special prize awarded to the winner of the team/corporate division in both the 5K and 10K. Additionally, awards will be given to the top three finishers in each age division in both the 5K and the 10K. Sailin' Shoes t-shirts will be awarded to all entrants and will be distributed with the race packets. Awards ceremonies will be held in José Muldoon's, 222 N. Tejon St., across from Acacia Park, at 9:30 a.m. on race day. Unclaimed awards may be picked up at the Runners Roost for the two weeks following the race.

FINISHING TIMES: OFFICIAL results will be generated as quickly as possible after the race and will be available at the Runners Roost after June 21, and also on the Pikes Peak Road Runners web site at www.pprun.org

Age Groups

19 & under	30-34	45-49	60-64
20-24	35-39	50-54	65-69
25-29	40-44	55-59	70 & over

5k and 10k Registration

- Entries should be mailed to the Runners Roost, 121 N. Tejon St., Colorado Springs, CO 80903.
- Walk-in registration will take place in the Colorado Springs Runners Roost through June 19. The fee for the 5K and 10K races is \$22.00. (Please see the valuable restaurant coupons in each packet.)
- To register online: www.active.com
- Team/Corporate Division: Additional information on back. Entry fee for each team member is \$22.00.
- Late registration will be available the morning of the race, HOWEVER, we strongly urge you to register and pick up your packets before race day in order to avoid headaches and long waiting lines - the race will start PROMPTLY. LATE REGISTRATION FEE: \$27.00.

Additional Information

This year's proceeds from Sailin' Shoes provide scholarships for YMCA youth programs.

The YMCA at the corner of Nevada and Bijou Streets will be OPEN TO ALL SAILIN' SHOES 5K AND 10K RUNNERS (whether members or not) before the race from 6:00 a.m., and after the race until 10:00 a.m. for showers, toilets, etc. You may have use of a locker (first come basis) while in the Y. Please show your race number to Y attendants for use of these privileges. The YMCA parking lot will not be available to non-members.

Race packets can be picked up at the Colorado Springs Runners Roost from June 8-19. For those of you registering outside of Colorado Springs, you may pick up your packet on the morning of the race at the packet pick-up in Acacia Park.

Colorado Springs Runners Roost Hours:
Monday through Friday, 10:00 a.m. - 7:00 p.m.,
Saturday, 10:00 am - 6:00 pm, & Sunday, Noon - 5:00 pm

Toilet facilities will be available for runners in the race area and the YMCA the morning of the race. Due to race preparation, toilets in José Muldoon's will be unavailable for use. Limited numbers of race shirts will be available for sale on race day at the start/finish area for \$10.00.

There will be police coverage on the course until 8:20 a.m. For those finishing late, PLEASE GET ON THE SIDEWALK while on Tejon! The Children's One Mile will begin at 8:30 a.m. PLEASE watch for these enthusiastic little runners heading north on Tejon Street! There will be free child care available for parents who would like to run in the 5K or 10K race, from 6:00 - 9:00 a.m., in the YMCA. This is a service DURING RACE TIME ONLY. No children under 2-1/2 yrs., and they must be potty trained. Parents will be asked to sign an emergency card.

After the 5k and 10k Races

Hang on to your race numbers! Runners of the 5K and 10K will receive a post-race pick-me-up in the finish area provided by our local Mountain Mama Natural Foods, Bruegger's Bagels, free Pepsi Cola provided by Pepsi Cola Co., and of course, the thirst-quenching Mich Ultra party on the patio of Old Chicago and José Muldoon's. We plan on having plenty, but all products are first-come, first-served.

The Sailin' Shoes Children's Race (12 AND UNDER)

STARTING TIME: 8:30 a.m.

KIDS MEET: On Tejon Street, at the corner of Tejon & Boulder.

COURSE: The course will be one (1) mile total, with one loop heading north on Tejon. This is an exciting course for kids, parents and spectators alike. The course will be well marked and monitored. Parents are encouraged to run along with their children. ALL STROLLERS AT THE REAR!

AWARDS: T-Shirts will be awarded to all entrants and will be distributed with the race packets. Finisher ribbons will be given to ALL finishers of the children's run. A trophy will be awarded to the overall male and female winner.

After the Children's Race

The kids should hang on to their numbers and head down to José Muldoon's at 222 N. Tejon St. where they will receive a frozen treat for their efforts, compliments of Sinton Dairy.

Children's Registration

The procedure will be the same for the children's race as it is for the 5K and 10K. The fee for the children's mile is \$8.00 (\$10.00 race day). We URGE you to register the children before race day in order to avoid last minute problems and delays and to better guarantee the correct shirt size for the kids. We have found the children's race to be especially wonderful to watch and urge all 5K and 10K racers to remain at the start/finish area until 8:30 a.m. to cheer on the "Future Runners of America," some as young as two years old! You'll be glad you did!



Entry Form

The race will happen rain or shine.

BIB #	
NAME:	
ADDRESS:	
CITY & STATE:	AGE: SEX:
PHONE:	ZIP:
EMAIL:	

Team/Corporate Division

Name of Employer _____

Check One: 5K Race 10K Race Children's Race
Shirt Size (5K and 10K Race Only):
 Small Medium Large Extra Large
 (All shirts are men's sizes)

Children's Shirt Size (Children's Race Only):
 Small (6 - 8) Medium (10 - 12) Large (14 - 16)

Registration Fee (prior to race day):
 5K and 10K Race: \$22.00 Children's Race: \$8.00

Amount Enclosed: \$ _____ (No Refunds)

Check Payable To: The Ritz Grill

Mail To: The Runners Roost • 121 N. Tejon St.
 Colorado Springs, CO 80903

Entries received with unsigned waivers will not be eligible. No refunds. There will be no baby joggers or strollers allowed in the 5K or 10K, and no dogs for safety reasons!

In consideration of this entry being accepted, I understand and assume all risks of injury to my person which may occur while participating in the YMCA Sailin' Shoes Run-For-Fun. I, for myself, my heirs, executors, administrators and personal representatives waive and release all rights and claims for damages I may have against the Race Committee, Concept Restaurants, Pikes Peak Road Runners, Inc., the City of Colorado Springs, YMCA of the Pikes Peak Region and volunteers, and any and all sponsors of this event. Participant also authorizes and consents to the use of his/her name and/or picture in television, newsprint, advertisement or any other media.

Signature _____

Date _____ (if participant is under 18, parent or guardian must sign.)