


# OCTOBER 1, 2011

# 34<sup>TH</sup> ANNUAL



## 2011 MANHATTAN BEACH 10K RUN

— WALKERS WELCOME — NO STROLLERS OR DOGS, PLEASE —

- INFORMATION** [www.mb10k.com](http://www.mb10k.com); email - [mb10krun@yahoo.com](mailto:mb10krun@yahoo.com); Race Info (310) 374-2397
- DATE/TIME** SATURDAY, OCTOBER 1, 2011 — 7:30 A.M.
- RACE TIMING** *NEW IN 2011:* Your timing device stays attached to your race number, you no longer need to place it on your shoe. Race Central will provide results using Chrono Track timing. Your **official race time** starts when you cross the start line mat and ends when you cross the finish line mat. Age group awards are determined by official timing.
- COURSE** Start — Even numbers on Ardmore near 5th; Odd numbers on Valley near 3rd. Moderate to slightly difficult course meandering through downtown Manhattan Beach residential neighborhood. Last mile runs along The Strand and finishes at the Manhattan Beach Pier.  
*Sorry, parking shuttles are no longer provided to the race start.*
- REGISTRATION** **2 OPTIONS — NO RACE DAY REGISTRATION**
-  1. **ON-LINE** — [www.active.com](http://www.active.com) -VISA/MC/AMEX. On-line registration closes midnight Thursday, 9/22.
2. **WALK-IN** — at **Village Runner Manhattan** - - 1840 N. Sepulveda Blvd., Manhattan Beach.  
(Monday – Saturday 10am–7pm, Sunday 11am–6pm) Phone (310) 546-1888
- NEW:** Accepting all major Credit Cards as well as Cash/Checks.  
Note: Credit Card users incur additional fee.
- FEES**
- |                                   |                     |                        |
|-----------------------------------|---------------------|------------------------|
| <b>Early registration by 9/19</b> | <b>adult - \$25</b> | <b>under 15 - \$20</b> |
| Late registration 9/20 — 9/30     | adult - \$30        | under 15 - \$25        |
- T-SHIRTS** For finishers only — long & short sleeve shirts will be available after the race near the finish line area. We cannot guarantee availability of your choice of size and style

**RACE FEATURES** (continued)

**AWARDS –First 10 Places Each Division – 9:30 A.M. at the Finish Line Area**

Water stations at miles 2 and 4 and at the end of the race.

Split times called at each mile.

On course entertainment.

Finish line announcer.

Finish area expo with refreshments.

Race results posted at the Pier and the Old Hometown Fair (MB10K Booth).

Profits are for local schools, fitness-related recreation projects and college scholarships.

News coverage provided by *The Beach Reporter* and *The Easy Reader*

Finisher times will be posted online at <http://www.MB10K.com>

For race results and award pick-up, visit the MB10K booth at the Hometown Fair.

Awards not picked up by Sunday, October 2nd can be claimed at Village Runner, Manhattan Beach until 10/31/11.

**— AWARDS —**

1<sup>ST</sup> - 10<sup>TH</sup> in all divisions

**Individual Age Divisions**

9-11	24-29	45-49	65-69
12-14	30-34	50-54	70-74
15-17	35-39	55-59	75-79
18-23	40-44	60-64	80-84
			85+

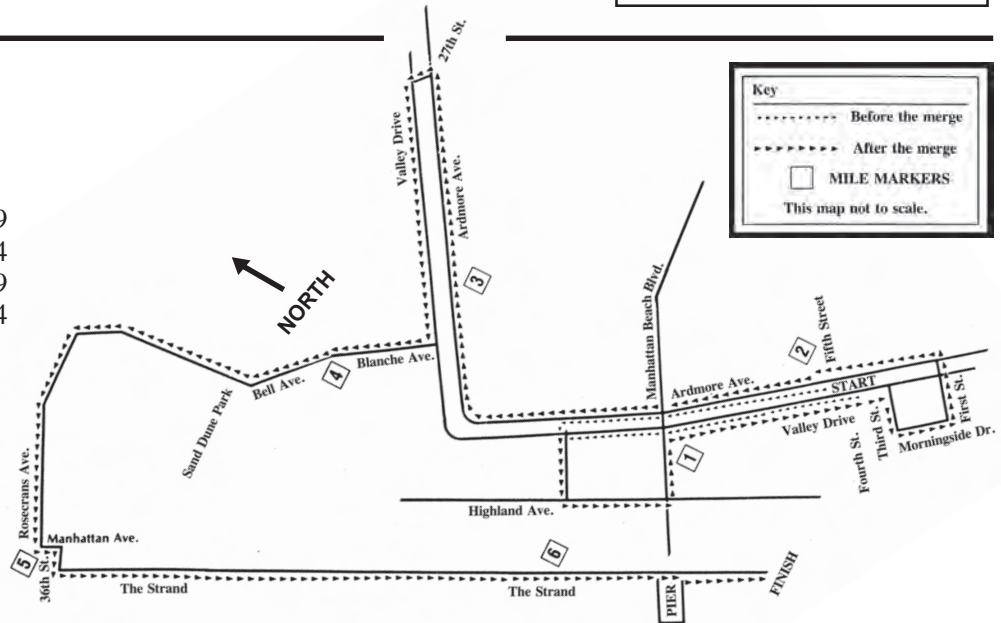
**Special Divisions**

1st MB Finisher - Male and Female

200 lbs and over, Male or Female

Family Teams - Age 9 and up

All youth under 9 who complete the **entire course** will receive a ribbon.



**ADDITIONAL RACE FLYERS AND INFORMATION AVAILABLE AT:**

Village Runner Manhattan Beach & Redondo Beach locations:

Village Runner, 1840 Sepulveda Blvd., MB ..... (310) 546-1888 MB City Hall 1400 Highland Avenue ..... (310) 545-5621  
 Village Runner, 1811 S. Catalina Ave., RB ..... (310) 375-2626 Super Sports, Manhattan Village Mall ..... (310) 545-5272



Mira Costa High School PTSA



BORBA



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