



Presented by:



Sponsored by:



JUNE 15, 2014 17TH ANNUAL

Competitions: Pre-registration available at physical and virtual registration sites.

Open Run

Individual men and women runners and wheelchair racers are encouraged to enter this competition

Categories

Men's, Women's and Wheelchair
Prize winners in open run not eligible for team prizes

Awards

Top three finishers in each category and top wheelchair finisher.
1st: \$200 cash and \$50 Altitude Running gift certificate.
2nd: \$100 cash and \$50 Altitude Running gift certificate.
3rd: \$50 cash and \$50 Altitude Running gift certificate.
1st Wheelchair: Adult Multiple Facility Annual Pass

Entry Fees

Adult pre-registration: \$30
Pre-registration accepted until 5 p.m., Saturday, June 14.
Adult race day: \$35
Youth (12 & under): \$15

Team Run

What a great way to celebrate with Dad! Two-person teams of a father and his child are encouraged to enter this competition. To be eligible for team prizes, the father and child pay as a team and must complete the course on their own. Baby joggers and strollers are welcome, but do not count as part of a team entry.

Categories

Father/son or father/daughter combined ages:
60 and under
61-74
75 and older
Please specify father/son or father/daughter when registering.

Awards

Top three finishers in each category.
1st: Recreation Multiple Facility Family Annual Pass
2nd: \$50.00 Rodizio Grill gift certificate
3rd: \$25.00 Downtown Business Association gift card

Entry Fees

Pre-registration: \$45 per team
Race day: \$55 per team
Pre-registration accepted until 5 p.m., Saturday, June 14.
Teams will be scored as in cross country races.

1 Mile Premium

Top male and female finisher to cross the 1 mile mark.

Categories

Men's and Women's

Awards

Top male and female finisher to cross the 1 mile mark: A pair of running shoes from Altitude Running.
(Must complete 5k course)

Entry Fees

Included in Open Run fee

Healthy Kids Run Series and Fit.Teen Run Series

The Father's Day 5K is in the 17th annual "Healthy Kids Run Series" sponsored by University of Colorado Health's Healthy Kids Club. The series includes nine runs, each of which offers a free, non-competitive kids' fun run. Kids ages 5-12 who participate in four or more of the runs in the series earn prizes! Be sure to have your cards punched at the finish line! For a run series registration form, visit pvhs.org/healthykidsclub.

Fit.Teen Run Series – Youth ages 13-18 are invited

to register for the 2013 Fit.Teen Run Series sponsored by University of Colorado Health's Healthy Kids Club. The series includes nine runs (same events as the Healthy Kids Run Series) – youth earn prizes by participating in four or more of the 5k (or longer) events. Please note that registration fees are required for some of the runs in the series. For a Fit.Teen Run Series registration form, visit pvhs.org/healthykidsclub. For other questions on the series, contact Laurie Zenner, laurie.zenner@uhealth.org.



Registration

Active.com

Altitude Running:

150 E. Harmony, Unit 2C,
Fort Collins, CO 80525
Phone: 970.377.8005

Runners Roost:

Front Range Village
2720 Council Tree Avenue, Suite 112,
Fort Collins, CO 80525
Phone: 970.224.9114

Race Day Tentative Schedule

- 6:45–7:45 AM Race Day Registration
8:00 AM Start of 5K Run/Fit Teen Run
8:00–9:00 AM Healthy Kids Fun Run registration and event
(run is immediately following 5k)
9:30 AM Awards Ceremony at finish line

Registration is also available online at active.com

Entry fees may be paid by Visa, MasterCard or Discover. Pre-registration must be received by 5 p.m. Saturday, June 14, 2014. All team and open competitors receive commemorative race tech shirts. Tech shirts and bibs are available during packet pickup on Saturday, June 14, from 2–6 p.m. at Altitude Running, as well as on race day at the registration table.

Volunteers

Please call Steve Budner at 970.221.6861

Regulation

Due to CHSAA & NCAA rulings, college and high school athletes are not eligible to accept prizes.

Awards

Most Valuable Dad Award: random drawings will be held for all male racers!

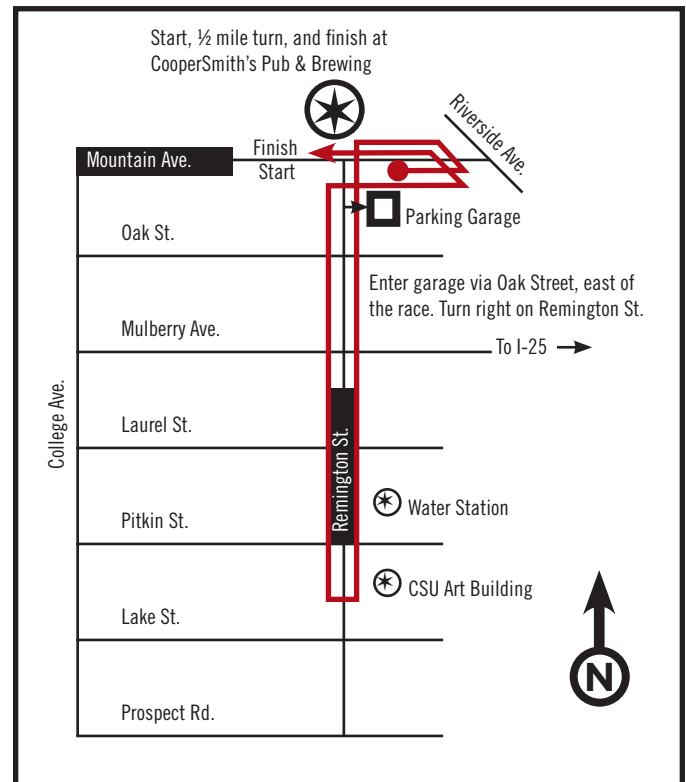
Proceeds from this event support the reduced or no-fee youth programs and the Adaptive Recreation Opportunities program (ARO). For more information please contact 970.221.6655.

Race Records

Male: Justin Freed: 15:00
2011, Fort Collins, CO

Female: Constantina Dita: 16:11
2002, Boulder, CO

Course Map



Certification Code: CO13013DCR

Directions from I-25

Exit Mulberry/Hwy. 14 west off I-25. Turn right onto Riverside and left onto Mountain Ave. Old Town Square is straight ahead. Street parking is free on Sundays, as is the parking garage on the corner of Mountain and Remington.

Parking directions: Right on Riverside, Left on Oak Street to parking garage.