



Race Record Holder
Ben Fay, 4:23:76 (2009)
Photo courtesy of hardybreed.com

The 2010 Sizzling Mile
An SRRC Points Series Race
Wednesday, July 21st, 2010
First Heat Begins at 6:00 PM
The Sacred Heart-Griffin Track, Springfield, IL
1600 Block of West Washington

The Sizzling Mile is a 1-mile race held at the Sacred Heart-Griffin Track in Springfield, IL. The track is located slightly NW of the intersection of West Washington and Amos Ave. The race will be conducted through 9 heats, possibly more, depending on the number of registrants. You may only run in one heat. Heat assignments will be determined by the race committee. However, **the earlier you register, the more likely it is that you will be in your desired heat.** We will do our best to accommodate, but cannot guarantee everyone will be in their desired heat. You will have to run your fastest time as not everyone in your age group will run in the same heat.

If you register by July 14, check www.runkt.blogspot.com on July 20 for your heat assignment.

If Registered by July 14: **Adults - \$5 for non-SRRC members; \$4 for SRRC members.**
 Children 14 & Under - FREE

After July 14, all registrations are \$10 – including children.

There will be no race T-shirts and very limited awards. There will be limited post-race refreshments. Please make checks payable to The Sizzling Mile.

Registration/Check-In: Race day registration/bib number pick-up will be at the Sacred Heart-Griffin Track from 5:00-5:45 PM. **Race day registration will end at 5:45 PM.**

Heats: The heats will be set up, approximately, as follows. Heats will be limited to 20 runners, and actual heat assignments will depend on the number of race registrants.

Heat 1 – Runners 14 and under who anticipate finishing in over 7:00

Heat 2 – Runners who anticipate finishing in over 9:00

Heat 3 – Women who anticipate finishing between 7:30 – 9:00

Heat 4 – Women who anticipate finishing between 6:00 – 7:30

Heat 5 – Men who anticipate finishing between 7:00 – 9:00

Heat 6 – Men who anticipate finishing between 6:00 – 7:00

Heat 7 – Runners who anticipate finishing between 5:30 – 6:00

Heat 8 - Runners who anticipate finishing between 5:00 – 5:30

Heat 9 – Runners who anticipate finishing in under 5:00

The Sizzling Mile Records

AGE GROUP	NAME	TIME	YEAR		AGE GROUP	NAME	TIME	YEAR
Female					Male			
Overall	Kelly Fox	5:10:64	2006		Overall	Ben Fay	4:23:76	2009
0-8	Lily Becker	7:54:76	2009		0-8	Karson Aherin	6:35:05	2007
9-10	Armonty Flynn	6:25:15	2009		9-10	David Plunkett	6:24:46	2009
11-12	Kirsten Aydt	5:51:56	2008		11-12	Mitchell Owens	5:19:15	2009
13-14	Kirsten Aydt	5:47:76	2009		13-14	Jim Moore	5:11:98	2008
15-19	Nicole Benson	5:18:26	2008		15-19	Michael Simon	4:28:00	2009
20-24	Sarah Swain	5:19:44	2005		20-24	Ben Fay	4:23:76	2009
25-29	Joy Guardia	5:30:99	2007		25-29	Benjamin Vinyard	4:48:34	2009
30-34	Kelly Fox	5:10:64	2006		30-34	Doug Richards	4:55:90	2009
35-39	Tracy Dowell	5:36:25	2009		35-39	Terry Purcell	4:44:40	2008
40-44	Shelley Mueller	6:01:39	2007		40-44	Bill Owens	4:52:67	2005
45-49	Karen Rogers	5:48:04	2009		45-49	Bill Owens	4:53:99	2007
50-54	Susan Becker	6:38:33	2007		50-54	Joe Thiel	5:20:40	2009
55-59	Becky Baum	6:10:99	2005		55-59	Rick Neuber	5:42:47	2005
60-64	Becky Baum	6:18:25	2007		60-64	Robert Burk	6:01:05	2005
65-69	Marilyn Kushak	8:05:82	2009		65-69	George Hinkle	7:55:51	2009
70-74	No Record Yet				70-74	James Young	8:24:70	2009
75-79	No Record Yet				75-79	No Record Yet		
80 & Over	No Record Yet				80 & Over	No Record Yet		

Name _____

Address _____ City _____ State _____ Zip _____

DOB _____ Age (as of 7/21/10) _____ Sex _____ Predicted mile time _____ Heat choice (list two) _____

Phone Number _____ E-mail _____

SRRC member: Yes No **Questions? Contact Katie McAfee: 217-416-1375/ kmtice@hotmail.com**

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effect of the weather, including high heat and/or humidity, traffic and conditions of the track and/or all such risks being known and appreciated by me. **I understand that headsets are not allowed in the race, and I will abide by these guidelines.** Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Springfield Road Runners Club, the City of Springfield, the directors and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Parent/Guardian Signature (if entrant is under 18 years of age) _____

Please mail entries, including entry fee, to: The Sizzling Mile
 c/o Katie McAfee
 1248 South Grand Ave. West #9
 Springfield, IL 62704