



We are very excited you will be competing in the 6th annual **Collegiate 10K Road Race National Championships** to be held within the 2019 Ukrop's Monument Avenue 10K.

This message provides details/updates regarding race morning and the awards ceremony to be held at ~9:50AM on the Main Stage located next to the CRA Elite Athlete Tent on the corner of W Main Street and South Laurel Streets (*See attached Map*).

Packet Pick-Up:

Go through the general steps when you arrive at the expo...After picking up your number, Stop by our Collegiate Running Association Booth at the Expo (Booth #80).

If you are unable to make it to the Race Expo to pick-up your packet, please be sure to let us know before 8PM on Friday, April 12-->We can arrange to have your race number at the start line on Saturday morning...If you want us to bring your number to you at the start line send a Text to:

Jon Molz (804-614-6616)
Steve Taylor (804-349-3367)

Start Line: See attached Map for a layout of the start area. Note the Collegiate Running Association will be at the entrance to the Siegel Center if you want to drop your gear before your warm-up.

Course Map: <https://www.sportsbackers.org/wp-content/uploads/2014/01/Monument-Avenue-10k-Course-Map.pdf>

Map My Run (Course Route): <https://www.mapmyrun.com/routes/view/1323954295>

Finish Area: See attached Map with location of the Elite Athlete Tent and Awards Stage

EVENT SCHEDULE

Thursday, April 11

3-9PM- [TowneBank Health & Fitness Expo/Package Pick-Up](#) at Arthur Ashe Center
(Please visit the Collegiate Running Association at the Expo - Booth #80)

Friday, April 12

11AM-9PM- [TowneBank Health & Fitness Expo/Package Pick-Up](#) at Arthur Ashe Center
(Please visit the Collegiate Running Association at the Expo - Booth #80)

Saturday, April 13

7:15AM- CRA staff members arrive at the Start Line Area for Elite Athlete Gear Hold/Drop-off



(We will watch your gear while you warm-up...and transport 1 small bag to the Collegiate Running Association's Elite Athlete Tent located through the finish chute/next to the Main Stage on the corner of W Main Street and South Laurel Streets ---See attached Map.)

8:24AM- National Anthem at the Start Line

8:30AM- 2019 Collegiate 10K Road Race National Championship/Ukrop's Monument Avenue 10K

~9:15AM- Post-Race – Elite Athlete Warm-Down

(Note: A few local high school athletes would like to run / warm-down with a few of you, the Elite Athletes. Anyone wishing to warm-down as a group please meet at the Collegiate Running Association's Elite Athlete Tent located next to the Main Stage on the corner of W Main Street and South Laurel Streets---See attached Map. It's your opportunity to interact with the community.)

9:50AM- Awards Ceremony for the top 10 College Finishers (Male/Female)

(Must be present for completion of prize money forms and awards)

Location: Main Stage on the corner of W Main Street and South Laurel Streets ---See attached Map)

9:51AM- 10:20AM: Photos with KidsRunRVA students and CRA Post-Race Interviews.

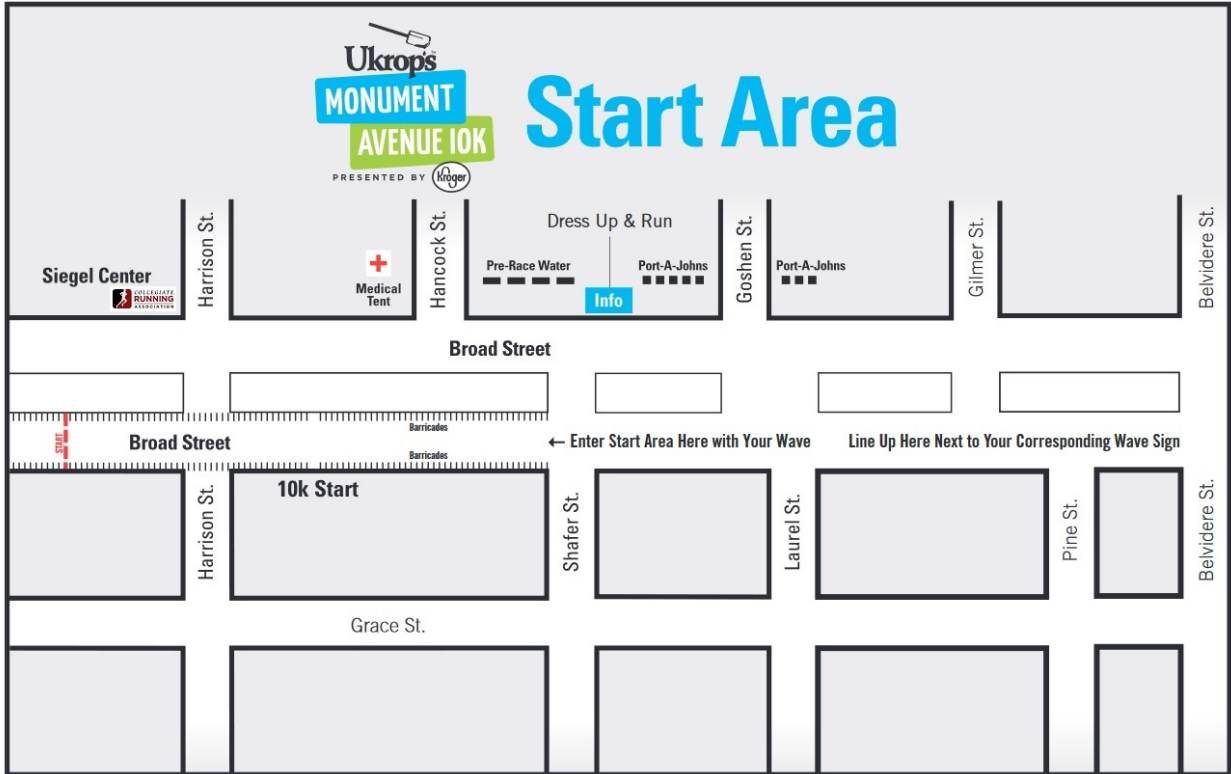
Location: Main Stage on the corner of W Main Street and South Laurel Streets ---See attached Map)

10:30AM- Awards Ceremony and Post-Race Video Interviews complete.

Thank you for being part of our Collegiate Running Association Championships and the Ukrop's Monument Avenue 10K!

Warmest regards,

Collegiate Running Association





SUBWAY POST RACE FESTIVAL



