

**Saturday, June 11, 2011- www.PhilipRivers5k.com
Registration begins at 7a.m. - Start time: Runners 8:15a.m./Walkers 8:30a.m.**

Thank you for supporting the Rivers of Hope Foundation

We are excited to have you join us for what promises to be a lovely day at NTC Park in Point Loma in support of the Rivers of Hope Foundation. The Rivers of Hope Foundation was founded by Tiffany and Philip Rivers with a mission to help children in need of a forever family find permanent loving homes and their own sense of self-worth by developing and coordinating resources and programs to create community awareness, recruit adoptive families, and provide financial aid for adoption and assistance for foster children and orphans.

Race Location

The Philip Rivers 5k will take place at NTC Park in Liberty Station (Point Loma). It will be a course around the park and along the water. Strollers are welcome, but must start at the back.

NTC Park at Liberty Station in Point Loma
2455 Cushing Rd
San Diego, CA

Parking Suggestions

Arrive early to ensure you have a place to park. There are plenty of parking lots in NTC Park and empty streets. We ask that you respect our neighbors who live in Liberty Station and avoid parking in front of the residences. When you arrive at Liberty Station in Point Loma, follow the signs which will direct you to the proper location to park for the Philip Rivers 5k.

Directions to Start

From I-5 North:

Take the Hawthorn St exit, Exit 17, toward San Diego Airport
Take Left onto W Hawthorn St
Turn Right onto N Harbor Drive
Turn Right onto Laning Rd
Turn Right onto Cushing Rd
Follow the signs for parking

From I-5 South:

Take I-8 exit, Exit 20, toward El Centro/ South Rosecrans St
Merge onto CA-209 S toward Rosecrans St
Turn Left onto Womble Rd
Turn Right onto Cushing Rd
Follow the signs for parking

From I-8 West:

Take I-5 S exit, Exit 2B, toward CA-209 S/ Rosecrans St
Merge onto CA-209 S toward Rosecrans St
Turn Left onto Womble Rd
Turn Left onto Cushing Rd
Follow signs for parking

Running Gear

There will be no gear check for the 2011 Philip Rivers 5k Walk & Fun Run. Please plan accordingly. We ask that you leave all valuables in your car or at home. The Philip Rivers 5k staff and Liberty Station officials do not assume responsibility for any lost or stolen items.

Restrooms

Restrooms will be located at the Start and Finish line as well as at NTC Park restrooms.

Water

An ample supply of water is available along the course. There will be a water station along the course. It is your responsibility to remain sufficiently hydrated throughout the race.

Bib Numbers

Bib numbers can be picked up at Road Runner Sports on Wednesday, June 8 from 1pm -7pm, Thursday, June 9 from 10am-1pm, or on race day beginning at 7am at the race start. Please bring a photo ID.

Pre-Race Packet Pick-Up/ Registration

Pick up your race packet at Road Runner Sports on Wednesday, June 8 between 1pm and 7pm or Thursday, June 9 between 10am and 1pm. Please bring a photo ID. Your race pack includes bib number, t-shirt, and racer gift pack. If you are picking the bib number up for someone other than yourself, please bring a copy of their photo ID along with a letter stating you may pick up their race pack. Bib numbers are non-transferable and are required for complimentary food court access.

Road Runner Sports
5553 Copley Drive
San Diego, CA 92111
(858) 974-4455

T-shirts

The official 2011 Philip Rivers 5k commemorative t-shirts will be distributed during packet pickup. Pickup your bib, t-shirt, and other race materials at Road Runner Sports on Wednesday, June 8 from 1pm -7pm, Thursday, June 9 from 10am-1pm, or at the registration table on race day beginning at 7am.

Timing

New This Year! Chip Timing

Place your timing chip on your shoe. Your timing chip is the orange colored bar attached to the top of your race bib number. This will need to be separated from your race bib number and worn on **your shoe**. Form a "D" shape with the timing chip and position with the number facing up. Either foot is acceptable. **No need to be head of the pack this year! Your official race time begins when you step on the timing mat at the start line.**

Instructions for Attachment D-Tag Chip:

- 1) Ensure the number on the D-Tag matches your bib number (see race staff if disparity)
- 2) Remove D-Tag from bib – it is affixed similar to a post-it
- 3) D-tag has 2 parts: 1) instructions and 2) actual chip tag – perforation allows separation; fold and separate
- 4) D-tag has crease lines on either end – fold these toward back
- 5) Insert one end of D-Tag under shoe laces
- 6) Remove tab on back side to expose adhesive (Tag states "remove tab under here")
- 7) Roll ends together pressing adhesive to opposite side – the Tag will form a half circle on top, stick together on bottom forming a "D" shape
- 8) Dispose of "instruction half" in proper receptacle – please do not toss on ground
- 9) D-Tag is now affixed to your shoe, under the laces - have a great event!

Results

Results will be available following the event on the Philip Rivers 5k website, www.PhilipRivers5k.com.

Awards Ceremony

Awards will be presented to the top three runners in each division at the conclusion of the Philip Rivers 5k. In addition, winning runners of each category will receive two tickets to SeaWorld San Diego. Winners must be present to accept awards. No awards will be mailed.

Post-Race Festivities

Upon the conclusion of the Philip Rivers 5k presented by EDCO, a Fun Zone will be provided at the finish line for racers to enjoy. Complete with free food and drinks, live music, games, bounce houses from LB Jumpers, and much more. It is guaranteed fun for the entire family.

Autograph Booth

Local celebrities will be available for autographs following the race. No memorabilia is permitted on the property nor will it be signed. Please note: the first 1,500 paid entrants will receive their hand-signed Philip Rivers football card part of their packet (Philip will not be signing at the event).