



# Running of the Bulls 8K

Community Road Race & USATF NC Championship  
June 5, 2010 \* 7:30am \* Downtown Durham YMCA



## RACE INFORMATION

**Start Time:** 7:30 a.m.

**Location:** Downtown Durham YMCA (218 Morgan St., Durham, NC 27701; entrance is on Foster St. next to Durham Farmer's Market)

**Course:** This scenic course will start near Durham's Central Park and Farmers Market, and will wind through downtown Durham, American Tobacco Campus, Brightleaf Square, Trinity Park and Old North Durham neighborhoods, and finish with a lap of the warning track in the Old Durham Athletic Park.

**Aid Stations:** There will be 2 aid stations on the course; the first is just before the 2-mile marker and the second is just before the 4 mile marker. HEED (Hammer Nutrition) and water will be available at both aid stations.

**Facilities:** Restrooms will be available inside the YMCA on Foster St. and inside the Durham Athletic Park on Corporation Ave. There will be no facilities on the course.

**Distance:** 8 km (4.97 miles)

**Registration fees:** \$30.00

First 600 participants will receive a Nike technical t-shirt.

*Proceeds will benefit the Durham YMCA Youth Programs and DurhamCares*

**Awards:** Awards will be given for overall and masters winners and the top 3 finishers in each age group. Awards will be distributed at an awards ceremony inside the Durham Athletic Park at 9:30am (or as soon as possible after race). Any awards not picked up at the race will be available for pick up at the Bull City Running Co. beginning on Monday June 7th.

**USATF Prize Money:** Open: 1st - \$500, 2nd - \$300, 3rd - \$150, 4th - \$100, 5th - \$50 Masters: 1st \$100, 2nd \$50 [NOTE: To be eligible for USATF awards, athletes must be a current USATF Member and a resident of NC for at least 12 months. Go to <http://www.usatf.org/membership/> for more information.]

### Directions & Parking:

From Interstate 85: Take exit for N. Roxboro St./US-15 BR S/US-501 BR S. Continue to follow US-15 BR S/US-501 BR S (Road will split to become one-way, keep right to continue onto N. Mangum St. Turn right onto W. Morgan St. Continue to intersection of Morgan St. and Foster St. (YMCA is on your right).

From Interstate 40: Take exit 279B and merge onto NC 147N (Durham Freeway) towards Downtown Durham. Take exit for Chapel Hill St. toward downtown Durham. Turn left on Foster St. Continue towards intersection of Morgan St.

Parking is available in the YMCA parking lot on Foster St, in the Civic Center parking deck across from the YMCA on the corner of Morgan St. & Foster St., in the Measurement Inc parking lot in the 400 block of Morris Street, and on the street throughout the downtown corridor.

**Packet Pick-up:** Packets will be available for pick-up at the Bull City Running Company on Friday June 4<sup>th</sup> from 12pm-7pm.

Bull City Running Co. is located in the Southpoint Crossing Shopping Center at the corner of Hwy 54 and Fayetteville Rd. (202 W. NC Hwy 54)

Any packets not picked up before the race will be available the morning of the race at the downtown Durham YMCA (218 Morgan St.) starting at 6:00am.

**Volunteers:** The Running of the Bulls 8K would not be possible without the help of volunteers. If you are available to help before, during, or after the race, please email us at [bullcityrunning@gmail.com](mailto:bullcityrunning@gmail.com) and let us know about your availability and assignment preferences. We will contact you via email prior to race week with information about where and when to report for your job. Thank you so much!

**Other:** Baby joggers are permitted on the course, however we ask that you be considerate of other runners and position yourself near the back of the starting area.

Headphones are not permitted.

Walkers are welcome, however the course will only be open and monitored by police and volunteers for 1.5 hours. If you anticipate taking longer than this to walk 8 km, you will be asked to please use the sidewalk.