



Running of the Bulls 8K

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



RUNNER BRIEFING – PLEASE READ

Thank you for supporting the 2nd annual Running of the Bulls 8K!

You are among 600+ runners and we're looking forward to a great morning in the Bull City!

SCHEDULE OF EVENTS:

Friday, June 4

12-7pm: Packet Pick-up at Bull City Running Co.

5-8pm: \$5 pre-race pasta dinner at [Alfredo's Pizza Villa](#) (Hwy 54, Durham location – only a mile away from Bull City Running!). All registered runners are welcome!

Saturday, June 5

6-7:15am: Packet Pick-up at Downtown Durham YMCA

6-7:00am: Day of Race Registration (if space permits)

7:30am: Race starts

8:45am: Cool down with a free class! InsideOut Body Therapies will offer dynamic core movements and expansive stretching! (Located next to refreshments tent inside the Old Durham Athletic Park)

9:30am: Awards Ceremony and raffle prizes inside Old Durham Athletic Park

Packet Pick-up: Packets for pre-registered runners will be available for pick-up at the Bull City Running Co. on Friday June 4th 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, Durham, NC, 27713)

Any packets not picked up before the race will be available the morning of the race at the downtown Durham YMCA (218 Morgan St.) from 6:00-7:15am.

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

Finish Location: Runners will finish inside the Old Durham Athletic Park with a lap of the warning track. All runners and spectators must stay on the warning track; the grass baseball field is off-limits!

NOTE: the finish area is 2 blocks away from the start area, so everything is in close parking/walking distance.

Course: [A course map can be found here.](#) **The course is spectator-friendly and we encourage you to bring your friends and families out to cheer you on! We will provide hard copies of course maps at the registration area.**

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. Please note: if there is a line for the restrooms at the YMCA, you can jog 2 blocks to the stadium and there are lots of restrooms there!

Distance: 8 km (4.97 miles); Race course is certified and sanctioned by USA Track & Field.

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 on the corner of Morgan St. & Morris St., in the Central Park parking lot on Morris Street, in the municipal lot on Foster St. (just past YMCA) and on the streets throughout the downtown corridor. Please [click here for a detailed map of parking options.](#)

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.

After the race: there's lots going on in downtown Durham! We encourage you to stick around and visit the Durham Farmer's Market, Central Park, Daisy Cakes, and explore downtown Durham!