

# Tim Kennard River Run – Race Guide

We are looking forward to seeing you this weekend for the Tim Kennard River Run! Here is some important information to be aware of before race day.

## **RACE DAY**

**Date:** Sunday, March 3

**Time:** 10-miler and 5K begin at 8:30 a.m. (same start line)

**Start/Finish Location:** Salisbury Bible Fellowship, 1500 Court Plaza Lane, Salisbury, MD 21801

There will be portable toilets to use before and after the race outside Salisbury Bible Fellowship.

## **PACKET PICKUP/EXPO**

There will be a packet pickup and small expo the day before the race. Shirt sizes will be first-come, first-served.

**Date:** Saturday, March 2

**Time:** 1 p.m.-4 p.m. – A change from last year.

**Location:** Evolution Craft Brewing Co. Public House, 201 E. Vine St., Salisbury, MD 21801

Enjoy a drink and/or meal at Evo while on-site. You are allowed to pick up a friend's packet if your friend would like you to.

## **RACE DAY PACKET PICKUP/REGISTRATION**

**Date:** Sunday, March 3

**Time:** 7-8 a.m.

**Location:** Salisbury Bible Fellowship, 1500 Court Plaza Lane, Salisbury, MD 21801

## **RACE DAY PARKING**

There will be volunteers from Salisbury Bible Fellowship directing parking on race morning. Pine Bluff Road at Court Plaza Lane will be closed. You can enter the parking lot via Route 13 south of Pine Bluff Road or via Kay Avenue.

## **RACE COURSES – Maps say 2022, but these are the same courses for 2024.**

[10-Miler](#)

[5K](#)

## **RACE BIBS**

All race bibs are to be worn on the front of your shirt so the finish line team can easily view your bib as you cross the finish.

## **ON-COURSE INFORMATION**

For the 10-miler, there will be water stops at approximately Miles 2, 4, 6, 7 and 9.

For the 5K, there will be one water stop at Mile 2.

Portable toilets will be located on Woodland Road (at 1309 Woodland Road), on Riverside Drive near Pine Bluff Road and at Circle Avenue at West Market Street.

There will be music at spots along the course.

We would love to have your friends and family out cheering along the course.

### **SAFETY NOTE**

To ensure runner safety, unregistered runners, bicycles, skateboards, rollerblades, baby joggers and dogs are strictly prohibited on the 10 mile and 5K race course. The non-competitive 5K walk will allow baby joggers and well-behaved, leashed canines.

### **TIME LIMIT**

New this year is a time limit of 2:30 (15:00/mile pace) for the 10-miler. If you are unable to meet this cutoff, please sign up for the 5K.

### **AWARDS**

Custom awards will be presented in both men's and women's categories to the overall, master, and the top three finishers in the following age groups for each event:

5K: 11 & U, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

10M: 19 & U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

### **Cash Awards for Men's and Women's Categories:**

Overall 10-Mile: 1<sup>st</sup> - \$200, 2<sup>nd</sup> - \$150, 3<sup>rd</sup> - \$100

Overall 5K: 1<sup>st</sup> - \$150, 2<sup>nd</sup> - \$100, 3<sup>rd</sup> - \$50

Masters (40-59) 10-miler: \$50

Masters (40-59) 5K: \$50

Grand Masters (60+) 10-miler: \$50

Grand Masters (60+) 5K: \$50

### **POST-RACE FOOD**

After the race, enjoy plenty of post-race food, including pancakes prepared by the Salisbury Bible Fellowship team, along with different types of homemade chili (including a vegan chili), bagels, yogurt, fruit and popcorn.

### **ROB'S RUN FOR KIDS**

Bring your kids ages 2-10 out to Rob's Run for Kids. The entry fee is a donation to the Robert Schultheis Memorial Scholarship at Salisbury University. The race is sponsored by [King Kone](#).

**Date:** Saturday, March 2

**Time:** 2 p.m.

**Location:** Evolution Craft Brewing Co. Public House, 201 E. Vine St., Salisbury, MD 21801

Registration is available [online](#) or on-site before the race.

**Distances:** Ages 2-4: 50 yards; Ages 5-6: 100 yards; Ages 7-8: 0.25 mile; Ages 9-10: .5 mile

## **RACE BENEFICIARIES**

[TEAM 360](#)

Coalition of Caring

[Eastern Shore Running Club Scholarship Fund](#)

## **BRING YOUR OLD SNEAKERS**

We are working with Sneakers4Good to collect gently-used running shoes. Bring your shoes to the packet pickup or on race day to benefit the Tim Kennard River Run!

## **THANK YOU, SPONSORS!**

Presenting Sponsor: [Pohanka of Salisbury](#)

### **Major Sponsors**

[Chesapeake Urology](#)

Chiamulera Family

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[Vernon Powell Shoes \(since 2004\)](#)

### **Major Sponsors**

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### **Supporting Sponsors**

[Avery Hall](#)

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[Evolution Craft Brewing Co. & Public House](#)

[Pepsi](#)

[Rise Up Coffee](#)

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[Sysco](#)

### **Additional Supporters**

[Carey Chiropractic](#)

[Driven Physiotherapy](#)

[Hampton Inn & Suites Salisbury/Fruitland](#)

Signs by Andrea

For any other information, please visit [TimKennard.org](http://TimKennard.org) or  
<https://runsignup.com/Race/MD/Salisbury/TheTimKennardRiverRun10miler5kRun>.

To join the Tim Kennard River Run email list and receive emails about future years' events, visit  
<http://eepurl.com/ipGfo>.