

Fontana Days 55th annual!

# RUN 2010

The world's fastest half marathon course

**Saturday, June 5, 2010**  
half marathon, 5k run, 5k racewalk,  
family fitness walk, children's half mile dash

Register at [www.active.com](http://www.active.com)

For more information call (909) 349-6900  
or online at [www.fontanarecreation.org](http://www.fontanarecreation.org)



## Information Packet Fontana Days Run 2010

# Table of Contents

## General Information

The 55 <sup>th</sup> Annual Fontana Days Run	3
Course Information	4

## How Can I Help?

Volunteer Information	6
Exhibitor & Vendor Information	7
Event Sponsors	8
Ronald McDonald House Charities	9

## Pre-Event

Event Registration and Fees	10
Age Divisions	12
Directions and Parking	13
Race Packet pickup	15

## Day of the Run – June 5, 2010

Race Day Schedule	16
Transportation to starting lines	17
Results and Rewards	18
Road Closures	19

## Frequently Asked Questions

FAQs & Quick Reference	20
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## Contact Us

Staff Directory	22
-----------------	----

## The 55<sup>th</sup> Annual Fontana Days Run

The 55th Annual Fontana Days Run takes place on **June 5, 2010** in Fontana, California.

The half marathon began back in 1955 with a reported 200 participants. Race founders were unaware that the annual half marathon would grow to include over 1,700 participants. The Fontana Days Run provides participants with a safe, festive and well organized event. The Annual Fontana Days Run features a Half Marathon Run, 5K Run, 5K Race-walk, 5K Family Fitness Walk and a Children's Half Mile Dash. Finish line festivities include local vendors, exhibitors, live entertainment and food.

Fontana's half marathon run is known as **the world's fastest half marathon course** due to the gradual downward slope of the course. There is an elevation drop of 2,125 feet from start to finish and because of this, most participants are able to record their personal record time (PR) in Fontana.

## Course Information

### Half Marathon Run Course (13.1 Miles)

Recognized as the World's Fastest Half Marathon Course on record, established back in 1985 by the USTF. The half marathon starting line is located at the Applewhite Campground near Lytle Creek. The first 6 miles of the half marathon include fast and steep downhill running through the scenic San Bernardino National Forest and Lytle Creek Community. The last 7.1 miles of the course are also fast but more of a moderate to gradual downhill run along Sierra Avenue towards Fontana's City Hall. There is an elevation drop of 2,125 feet from start to finish.

#### Water Stations for the Half Marathon

There are eight water stations set up along the course.

- Start of Half Marathon Run
- Mile 2
- Mile 4
- Mile 6
- Mile 8
- Mile 10
- Start of 5K Run/Race Walk/Fitness Walk
- Mile 12

### 5K Run Course (3.1 Miles)

The starting line is north of Sierra Lakes Pkwy on Sierra Avenue. This is a fast 3.1 miles with a moderate to gradual downhill run/race walk along Sierra Avenue traveling south towards Fontana City Hall in the **southbound** lanes.

### 5K Race Walk Course (3.1 Miles)

The starting line is north of Sierra Lakes Pkwy on Sierra Avenue. This is a fast 3.1 miles with a moderate to gradual downhill run/race walk along Sierra Avenue traveling south towards Fontana City Hall in the **southbound** lanes. The race walk is a competitive stride which is judged by USATF race walk judges.

### 5K Family Fitness Walk Course (3.1 Miles)

Just like the Run & Race walk course, the starting line is north of Sierra Lakes Pkwy on Sierra Avenue. This is a fast 3.1 miles with a moderate to gradual

downhill walk along Sierra Avenue also traveling south towards Fontana City Hall but in the **northbound** lanes.

## **Children's Half Mile Dash**

The starting line is at Fontana City Hall on Sierra Avenue. Participants "dash" from the starting line to Foothill Blvd and back to finish line in front of City Hall. Be on the look out for Ronald McDonald as he leads participants in stretches and also takes part in the half mile dash.

## **Additional Course Information**

### **Course Records**

#### Half Marathon Run

- Male: Sam Sitonik 59:22 (1986)
- Female: Sue Bereenda 1:08:38 (1986)

#### 5K Run

- Male: Brian Abshire 13:20 (1993)
- Female: Sue Lee 14:56 (1991)

## **Finish Line**

All events finish at Fontana City Hall located at 8353 Sierra Avenue, Fontana CA 92335. All clothing and goodie bags are collected and taken back to City Hall by City staff. The City is not responsible for lost or stolen items.

## Volunteer Info

The success of the 55th Annual Fontana Days Run is not possible without the help of the many volunteers who give their time and energy to ensure various tasks and responsibilities are completed. Volunteers work directly with City staff and may be asked to assist with assembling goodies bags for runners, serving snacks on race day or where ever else they're needed. The City is looking for dependable volunteers to help make this event a success! If you are interesting in volunteering for this event, contact Community Services staff at (909) 349-6900.

Volunteers are needed on race day, **Saturday, June 5 starting at 5:00 a.m.** in front of Fontana City Hall to assist with race day activities.

If you, your organization, family and/or friends are interested in volunteering for the Fontana Days Run, please complete the Volunteer Application form and return it no later than May 7, 2010 to:

55th Annual Fontana Day's Run  
16860 Valencia Avenue  
Fontana, CA. 92335

[Download the Volunteer Application \(PDF\)](#)

Volunteer opportunities are limited and subject to availability so please submit your application early.

Thank you for your consideration in participating in this exciting community event. We look forward to working with you on Race Day, June 5, 2010.

## Exhibitor & Vendor Information

The City of Fontana would like to invite exhibitors and vendors to be part of the 55th Annual Fontana Day's Run on Saturday, June 5, 2010. The 55th Annual Fontana Days Run includes a Half Marathon Run, 5K Run, 5K Race Walk, 5K Family Fitness Walk and the Children's Healthy Half Mile Dash.

There is also a Finish Line Vendor Fair to maximize exposure for participating exhibitors and vendors. The Fontana Days Run brings together thousands of participants and attendees and provides an excellent opportunity for business owners to market themselves to the community.

If you are interested in participating in this great event, please fill out the vendor application and submit required permits. Booth spaces are limited and will be granted on a first come basis.

[Download the Vendor / Exhibitor Application \(PDF\)](#)

If you have any questions or need additional information please contact the Fontana Days Run staff at (909) 349-6900 or email [special.events@fontana.org](mailto:special.events@fontana.org).

## Event Sponsors

Without sponsors, the 55th Annual Fontana Days Run would not be a success. If you, your business or organization is interested in showing your support of the Fontana Community, be a sponsor at this year's Fontana Days Run! Various opportunities are available. Sponsor benefits may include being mentioned or displayed in various marketing and media material related to the Run. Sponsor benefits vary depending on sponsorship levels.

Please contact the Fontana Days Run Director at (909) 349-6947 or email [vreyna@fontana.org](mailto:vreyna@fontana.org) for more information on sponsorship opportunities.

We are sincerely thankful for all your support!

## Ronald McDonald House in Loma Linda

Be part of this year's benefit charity run. All registration fees from the 55th Annual Fontana Days Run Children's Half Mile Dash benefit the Loma Linda Ronald McDonald House. Join the City of Fontana and the Ronald McDonald House on Saturday, June 5 to cheer on participating children running along Sierra Avenue for a great cause.

The Children's Half Mile Dash is open to boys and girls ages 5-11. The fee is \$10.00 per participant and includes a race t-shirt and goodie bag.

Register at [www.active.com](http://www.active.com).

To donate or sponsor a child, please mail check or money order to the City of Fontana, attention: Fontana Days Run, 16860 Valencia Avenue, Fontana, CA 92335.

Please note your intent to sponsor a child at the rate of \$10.00.



## Event Registration and Fees

### REGISTRATION INFORMATION

#### Online Registration

- Register at [www.active.com](http://www.active.com)

#### Mail In or Drop off Registration - Prior to 5/23/10

- Call or visit the Community Services Department Admin offices to request an application – (909) 349-6900
- Drop off the application at any Fontana Community Center, the Community Services Department main office or City Hall before 5/23/10.
- You may also mail the application to the Community Services Department at 16860 Valencia Avenue, Fontana, Ca 92335 before 5/23/10

#### Event Day Registration - Subject to late fees

##### City Hall - June 5, 2010

- Please arrive at the appropriate time to register on the same day as the event. **Late registration fees apply.**
  - Half Marathon Run: 4:30 a.m. – 5:30 a.m.
  - 5K Run/Race Walk: 5:30 a.m. – 6:30 a.m.
  - Family Fitness Walk: 5:30 a.m. – 6:30 a.m.
  - Children's Dash: 6:30 a.m. – 7:30 a.m.

### FEES

#### Event Fees prior to 5/23/10

##### Half Marathon Run

- Individual: \$30.00
- Team of 4: \$100.00 (additional participants \$25.00)

##### 5K Run/Race Walk

- Individual: \$30.00

- Team of 4: \$100.00 (additional participants \$25.00)

### **5K Family Fitness Walk**

- Individual (Age 5 and above): \$30.00

### **Children's Dash**

- Individual: \$10.00

## **Late Registration from 5/23/10 to 6/3/10**

### **Half Marathon Run**

- Individual: \$40.00
- Team of 4: \$140.00

### **5K Run/Race Walk**

- Individual: \$40.00
- Team of 4: \$140.00

### **5K Fitness Walk**

- Individual: \$40.00

### **Children's Dash**

- Individual: \$20.00

## Age Divisions

### Children's Half Mile Dash

- 5-6
- 7-9
- 10-11

### Half Marathon Run, 5K Run and Race Walk

- 11-15
- 16-18
- 19-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85 & up

### 5K Family Fitness Walk

All ages are welcome

## **Directions and Parking**

### **Directions**

#### **Directions from Los Angeles Area**

- 10 freeway East
- Exit Sierra Avenue Northbound
- Travel north on Sierra approximately 2 1/2 miles
- City Hall located at 8353 Sierra Ave., Fontana CA 92335

#### **Directions from Orange County Area**

- 57 freeway North to 91 freeway East to 15 freeway North to 10 freeway East
- Exit Sierra Avenue Northbound Travel north on Sierra approximately 2 1/2 miles
- City Hall located at 8353 Sierra Ave., Fontana CA 92335

#### **Directions from San Bernardino Area**

- 10 freeway West
- Exit Sierra Avenue Northbound
- Travel north on Sierra approximately 2 1/2 miles
- City Hall located at 8353 Sierra Ave., Fontana CA 92335

#### **Directions from San Fernando Area**

- 210 freeway East
- Exit Sierra Avenue Southbound
- Travel south on Sierra approximately 3 miles
- City Hall located at 8353 Sierra Ave., Fontana CA 92335

### **Parking**

#### **Lot 1 Civic Center Parking**

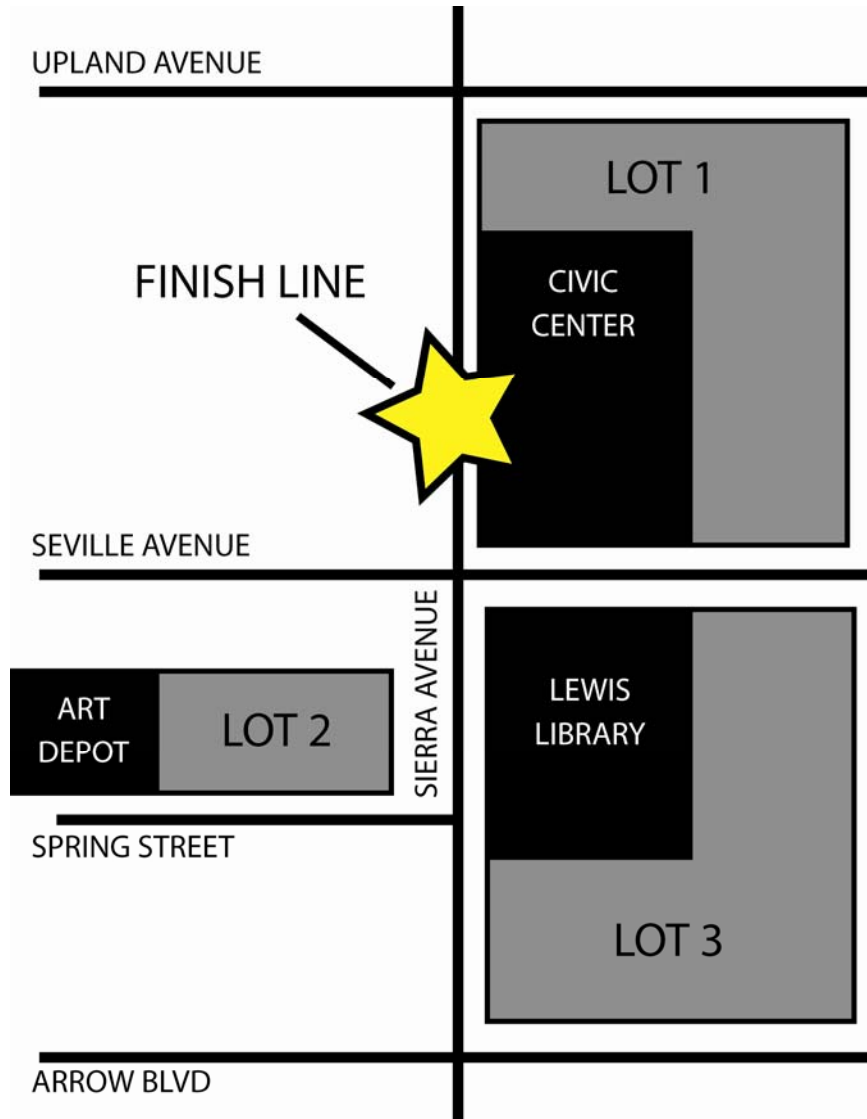
- Located behind City Hall at 8353 Sierra Avenue

#### **Lot 2 Art Depot**

- Located at 16830 Spring Street

### Lot 3 Chamber of Commerce/Lewis Library Parking Lot

- Corner of Arrow and Sierra



## Rack Packet Pickup

### Race Packet Pick Up Times

Participant goodie bag, event t-shirt and race bib are available for pick-up on the following days and times only.

#### **Friday, June 4, 2010**

- Fontana City Hall: [8353 Sierra Avenue, Fontana, Ca 92335](#)
- All Events: 12:00 p.m. – 7:00 p.m.

#### **Saturday, June 5, 2010**

- Fontana City Hall: [8353 Sierra Avenue, Fontana, Ca 92335](#)
- Half Marathon Run: 5:00 a.m. – 6:15 a.m.
- 5K Run/Race Walk: 5:00 a.m. – 6:45 a.m.
- Family Fitness Walk: 5:00 a.m. – 6:45 a.m.
- Children's Dash: 5:00 a.m. – 7:30 a.m.

## **Race Day Schedule**

### **Bus Departures to the Starting Line**

No late bus transportation available for late arriving event participants. Use of personal vehicles is prohibited. No exceptions! Participants who miss their bus are encouraged to participate in a later event.

#### **Half Marathon Run**

- First bus leaves at 5:00 a.m.
- Last bus leaves at 6:20 a.m.

#### **5K Run/Race Walk/Fitness Walk**

- First bus leaves at 6:30 a.m.
- Last bus leaves at 7:00 a.m.

#### **Children's Dash**

- Participants are required to check in at 7:30 a.m. at City Hall Lawn Area.
- No bus transportation. Event starts and finishes at City Hall.

### **Race Start Times**

- Half Marathon Run 7:30 a.m.
- 5K Run/Race Walk: 7:45 a.m.
- 5K Fitness Walk: 7:45 a.m.
- Children's Dash: 7:45 a.m.

### **Finish Line Festivities**

- Complimentary Refreshments: 8:15 a.m.
- Exhibitor/Vendor Fair: 8:00 a.m. – 11:00 a.m.
- Live Entertainment: 8:30 a.m. – 11:00 a.m.

### **Results**

Results are posted at the Results Booth. Top finishers are required to visit the Awards Table to retrieve award. Results may post early, actual times may vary.

- Children's Dash: 9:00 a.m.
- 5K Race Walk: 9:30 a.m.
- 5K Run: 10:00 a.m.
- Half Marathon Run: 10:30 a.m.

## **Transportation to Starting Lines**

### **Half Marathon Run & 5K Events**

The City of Fontana **requires** that all Half Marathon Run and 5K event participants be bused to starting lines from City Hall. This mandatory policy is in place for the safety and security of all participants, volunteers, attendees and staff. Thank you for your cooperation.

- No personal vehicles are allowed on the course
- Event staff will check participants and mark bibs while boarding buses to meet eligibility requirements
- Strollers are permitted on the 5K Fitness Walk and can be transported on the bus to the starting line
- Strollers are **NOT** permitted on the Half Marathon course

### **Bus Departures**

#### **Half Marathon Run**

- First bus leaves at 5:00 a.m.
- Last bus leaves at 6:20 a.m.

#### **5K Run/Race Walk/Fitness Walk**

- First bus leaves at 6:30 a.m.
- Last bus leaves at 7:00 a.m.

### **Children's Dash**

- Participants will be required to check in at 7:30 a.m. at City Hall Lawn Area.
- No bus transportation. Event starts and finishes at City Hall.

#### **General**

**No late bus transportation available for late arriving event participants. Use of personal vehicles is prohibited. No exceptions!**

## Results and Rewards

### Results

Results will be posted at the Results Booth. Top three finishers will be required to visit the Awards Table to retrieve award. Results may post early, actual times may vary.

- Children's Dash: 9:00 a.m.
- 5K Race Walk: 9:30 a.m.
- 5K Run: 10:00 a.m.
- Half Marathon Run: 10:30 a.m.

### Awards & Prize Money

Award medals go to the top three finishers in each age division in the Half Marathon Run, 5K Run, 5K Race Walk and Children's Half Mile Dash. No awards for Family Fitness Walk. Please have an I.D. ready for age verification purposes.

Prize money is awarded to the winning male and female in each category listed below.

#### **Half Marathon**

- First Place: \$150
- Second Place: \$100
- Third Place: \$50
- Master (Age 40+): \$50
- Resident: \$50

#### **Half Marathon Record Breaker (if applicable)**

- \$400

#### **5k Run**

- First Place: \$150
- Second Place: \$100
- Third Place: \$50
- Master (Age 40+): \$50
- Resident: \$50

#### **5k Record Breaker (if applicable)**

- \$400

## Road Closures

The following road closures will take place on June 5, 2010. No vehicle traffic is permitted on course during race event. City of Fontana reserves the right to make changes to accommodate the event. Major Intersections are patrolled and traffic laws are enforced by the Fontana Police Department.

### **Lytle Creek Road**

- Road closed from 7:00 a.m. - 9:00 a.m.
- Lytle Creek Road closed from 15 Fwy to Applewhite Campground

### **Sierra Avenue**

- Road closed from 6:00 a.m. - 11:00 a.m.
- Sierra Avenue closed from Riverside Avenue to City Hall
- Areas of Sierra Avenue will be opened following last runner

### **210 Fwy Sierra Avenue Ramp**

- On and off ramp closed 6:30 a.m. - 10:00 a.m.

### **15 Fwy Sierra Ave/Highland Ave Ramp**

- On and off ramp closed from 7:00 a.m. - 9:00 a.m.

## FAQs & Quick Reference

Most of the answers to frequently asked questions can be found in this information packet. If you have a question which is not answered through the information presented here, please call Fontana Community Services at (909) 349-6900.

### **What are the fees?**

- Information on fees associated with the Fontana Days Run can be found on page 10 of this packet. Fees are typically \$30 per person age 5 and up. \$100 for a team of 4 participants. \$10 for the Children's half mile dash.

### **How can I register?**

- Visit [www.active.com](http://www.active.com) to register for the Fontana Days Run.

### **What are the age divisions?**

- Age divisions for each race are detailed on page 12 of this packet.

### **Can someone under the age of 11 register in the 5K Run/Race Walk or Half Marathon Run?**

- No. The 5K Run/Race Walk or Half Marathon Run is for ages 11 and up. Anyone under the age of 11 is encouraged to participate in the Children's Half Mile Dash or the 5k Family Fitness Walk.

### **Where do I pick up my race goodie bag and bib number?**

- Pickup your race goodie bag/packet on June 4 or June 5 at Fontana City Hall. If you wish to avoid the lines and the rush of Race Day, it is recommended to pickup your goodie bag on June 4. For details checkout page 15 of the packet.

### **Do I have to ride the bus to the starting line?**

- Yes, there are no exceptions.

### **How many water stations do you have?**

- There are 8 water stations along the course. They are located at the start of the Half Marathon and at miles 2, 4, 6, 8, 10 and 12. There is also a water station located at the start of the 5k.

### **What if it rains?**

- Then the Race will be that much more interesting! Rain or shine, the Fontana Days Run will still take place as scheduled.

### **Are there any refunds for registration fees?**

- If you are in need of a refund, please call Fontana Community Services Staff at (909) 349-6900.

### **How do I donate to the Loma Linda Ronald McDonald House Charity?**

- Registration fees for the Children's half mile dash are donated to the Ronald McDonald House in Loma Linda. See page 9 of this packet for more info.

### **How do I get my clothing from the start line to the finish line?**

- All clothing and goodie bags are collected and taken back to City Hall by City staff. It is recommended that you do not leave valuable items with clothing and goodie bags. The City is not responsible for lost or stolen items.

## **Staff Directory**

If you have a question not answered by the information contained on this site, please feel free to contact the appropriate staff person listed below.

### **General Information**

Fontana Community Services Department  
(909) 349-6900

### **Race Director**

Victoria Reyna  
(909) 349-6947

### **Assistant Race Director**

Bianca Gutierrez  
(909) 349-6946

### **Race Commissioner**

Rob Bock  
(909) 349-6934

### **Vendor/Exhibitor Coordinator**

Dominique Dorba  
(909) 349-6956

### **Volunteer Coordinator**

Albert Chavez  
(909) 349-6955

### **Media & Public Relations**

John Perez  
(909) 349-6964