

2003 Credit Union Cherry Blossom 10 Mile Run

Sunday, April 6, 2003 • Washington, DC • 8:00 AM

Early Entry Deadline: March 7 • Late Entry Deadline: March 21st (If entry limit not reached) • Field limited to 7,000 entrants

The **Credit Union Cherry Blossom 10 Mile Run** has grown from a small, family run with 141 finishers to a world-class event featuring record setting performances by the finest runners in the world. Our commitment to providing first-class race organization, a flat, fast course past Washington's monuments at the city's loveliest time of year, and a grass-roots running event for runners throughout the Washington Metropolitan Area and beyond remains steadfast. We hope you will run our event this spring, our 31st running.

REGISTRATION INFORMATION

Entry process: This mail-in entry form may be submitted as soon as it is received. On-line entry opens on Mon., Dec. 16 at 10:00 am. However, do not attempt both processes simultaneously or your entry will be rejected.

Entry limit: The field will be limited to the first 7,000 entries received. Entries will be apportioned between on-line and mail-in entries. Last year the race was full by early January.

Entry fees: \$25 until March 7, 2003; \$35 thereafter. Deadline is March 21, 2003 (only if limit is not reached). **On-line entries** will be assessed a \$1 surcharge and must pay with a credit card. Enter at www.cherryblossom.org. **Mail-in entries** must pay by check. No race day entries. **Absolutely no refunds of entry fees.** The race assumes no liability including entry fees in the event of cancellation for any reason.

Notification of Confirmation or Rejection

On-line entries: On-line entrants, upon completion of the entry process, will receive immediate entry confirmation. Names will be posted on the race website periodically. If on-line registration is full, that entry method will be unavailable. All accepted on-line registrants will receive an entry confirmation and instruction brochure by regular mail in February. This brochure must be brought to number pick-up.

Mail-in entries: If you enter by Jan. 15, you will receive in the mail in Feb. either race instructions or a confirmation postcard—which means you are accepted—or a rejection notice along with your check—which means your entry has been rejected because the race is full. If you enter after Jan. 15, you will hear from us within three weeks of submitting your entry. If you don't hear from us within these time frames it means either we did not receive your entry or our response was lost in the mail. You should call the race hotline to check on the status of your entry. Confirmed mail-in entrants will be posted periodically on our website as well. *You should not come to packet pick-up if you have not heard from us.* Remember, the race filled up by early January last year! Rejected applicants will be placed on the mailing list for the 2004 race. Let us know of any changes of address as results

— and next year's entry forms — are mailed third-class bulk and are not forwarded.

Warnings: Runner numbers may not be transferred. For everyone's safety do not participate with a dog, baby stroller, or racing stroller. No skates or wearing of headphones are permitted.

COURSE

Scenic, flat and fast. USATF certified.

2002 Winners: Reuben Cheruiyot, Kenya, 47:13
Luminita Talpos, Romania, 52:50

WEATHER

The normal temperature at race time is in the 40° F to 50° F range.

2½ HOUR TIME LIMIT

Due to the large number of tourists in town for the cherry blossoms, **we can only keep the course open for a maximum of 2-½ hours** after the 8 a.m. start. If you cannot complete the course in under this time limit, do not enter the 10 mile run. You are invited to participate in the 5K Fun Run/Walk.

T-SHIRTS AND AMENITIES

Commemorative short sleeve t-shirts are given to all entrants (must be picked up Sat., April 5 or Sun., April 6 — shirts will not be mailed to no-shows).

Post-race refreshments; random prizes at awards ceremony starting at 10:15 am in West Potomac Park.

CORPORATE/RUNNING CLUB TEAMS

Teams will consist of five runners with the top three scoring. Teams will be scored on net times.

Corporate/Military/Government/Media Teams: coed, with at least one male and one female runner scoring.

Credit Union Teams: A special division consisting of co-ed teams of Credit Unions across the country.

Capitol Hill Teams: Co-ed teams from Congressional offices.

Running Clubs: men open, women open, coed masters.

Each team member must complete an individual entry. Teams must complete a team registration form. It is appreciated if all materials are submitted together. For team registration forms or further information contact George Banker at (301) 320-3350 or e-mail at monkbank@aol.com.

SEEDED RUNNERS

Top open and age-group runners are eligible for special seeded numbers. Seeded runners may be admitted after the race closing and will be allowed to start the race near the front. If you qualify, check the appropriate box on the entry form and **include verifiable credentials.** Contact Chan Robbins, Seeded Runner Coordinator, at snibbor@erols.com or on the race hotline (301) 320-3350 with any questions. Qualifying times are listed below:

Men		Women	
Open:	52:30	Open:	62:00
40-44:	56:00	40-44:	66:00
45-49:	59:00	45-49:	71:00
50-54:	61:00	50-54:	76:00
55-59:	65:00	55-59:	82:00
60-64:	70:00	60-64:	89:00
65-69:	78:00	65-69:	98:00
70-74:	90:00	70-74:	1:50:00
75+:	1:45:00	75+:	2:15:00

PRIZES AND AGE GROUP DIVISIONS

A total of \$29,000 will be awarded to the first 12 men and 12 women. \$9,000 bonus to any male or female runner winning this race, the Lilac Bloomsday 12K, and the Peachtree 10K in the same year (split if the same man and woman win all three races in the same year).

Awards will be given to the first 25 men and women. Trip to PRRO Race of Champions at the 2003 Peachtree 10K in Atlanta, GA to first local man and woman. Prizes to top 3 male and female wheelchair finishers, and top finishers in the following men and womens age groups: 19-and-under (3);

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40-44 (5), 45-49 (5), 50-54 (5), 55-59 (5), 60-64 (5), 65-69 (5), 70-74 (5), 75-79 (3), 80+(1).

FUN RUN/WALK

A 5K Fun Run/Walk will take place following the start of the 10 mile race. Mementos to the first 300 finishers. *No advance registration, no entry fee.* Sign up on race day only; no entry limit.

KIDS 1K FUN RUN

A 1K Fun Run for kids ages 12-and-under will take place after the start of the 10 mile in West Potomac Park. Race day sign-up only. No entry fee, no entry limit. Participation awards to all finishers.

CREDIT UNIONS

Credit Union Miracle Day, Inc.

Credit Union Miracle Day, Inc., a partnership of credit unions and affiliated organizations, is the title sponsor of the 2003 Credit Union Cherry Blossom 10 Mile Run. Proceeds from the Run benefit the Children's Miracle Network (CMN), an international non-profit organization dedicated to helping children by raising funds and awareness for 170 children's hospitals throughout North America.

Credit unions are not-for-profit financial cooperatives, owned by the people who save and borrow there. Credit unions serve groups that share a common bond, such as where they work, live or worship. As an owner of the credit union, every member has an equal vote in the election of the volunteer board of directors. There are no stockholders at credit unions, and earnings are returned to members in the form of lower rates on loans and higher rates on savings, fewer or lower fees, or invested back into the credit union to provide more services members want and need.

Over 10,000 credit unions with assets of over \$553 billion serve 82.5 million Americans. To find out if you are eligible to become a credit union member:

Ask your employer — Check with your employer to learn if you are eligible by virtue of your place of employment.

Ask your family members — If anyone in your immediate family is a member, you may be eligible to join.

Look in your community — If you are a member of a church, club or society, you may be eligible for membership through your affiliation.

To check your eligibility for a credit union near you, go to:

www.howtojoinacu.org

or

www.cuna.org/data/consumer/culinks/cu_locator.html

RACE HEADQUARTERS/LODGING

Our new race headquarters hotel is the Washington Renaissance, 999 9th St., NW, Washington, DC 20001. The special Credit Union Cherry Blossom rate is \$139 single/double. **Ask for the Credit Union Cherry Blossom rate.** Phone (202) 898-9000 or (800) 228-9290. **Reserve by March 17.** The hotel is two blocks from the Gallery Place Metro Stop (yellow, red and green lines).

OFFICIAL AIRLINES

US Airways has been designated as the official carrier for the attendees of the Credit Union Cherry Blossom in Washington, DC (Reagan National and Dulles). Alternate air service provided into Baltimore, MD. US Airways will offer special fares: 5% discount off First or Envoy Class and any published US Airways promotional round trip fare. **Plan ahead and receive an additional 5% discount by ticketing 60 days or more prior to departure.** These discounts are valid provided all rules and restrictions are met and are applicable for travel from all points on US Airways' route system. These discounts may not be combined with other discounts and promotions. Additional restrictions may apply on international travel. **Discounts are valid between April 1-11, 2003.**

To obtain these discounts, book on-line at www.usairways.com. Use the meeting ID **MTG002093**. If you need assistance with bookings on-line, go to <http://usairways.com/groups/guide/htm> or <http://usairways.com/groups/faq.htm>. If you do not have internet access, you or your professional travel consultant should call US Airways' Group and Meeting Office *toll free* at (877) 874-7687 between 8 a.m. and 9:30 p.m., Eastern Time. Refer to **GOLD FILE NO. 68162583**.

US Airways group and meeting customers may take advantage of special negotiated rates with Avis Rent A Car. Please

RUNNING TIMES

The **Credit Union Cherry Blossom** has in conjunction with *Running Times* created a special offer for race participants. As a Credit Union Cherry Blossom entrant you will receive **special** savings when you purchase a subscription to *Running Times*. **You'll receive 60% off** the newsstand price with our special one-year subscription price of \$16.97.

Name: _____

Address: _____

City _____ State ____ Zip _____

Send no money now. *Running Times* will bill you later.

Return to: *Running Times* Offer, 213 Danbury Rd., Wilton, CT 06897 or call 1-800-816-4735 and refer to code 5CCB.

call Avis toll free at (866) 629-6995. Reference **AWD**

K609400 for additional information.  **U.S. AIRWAYS**

NUMBER PICKUP & RUNNER EXPO

Saturday, April 5, 9:30 am-5:30 pm, at the Washington Renaissance, 999 9th St., NW, Washington, DC 20001 (Gallery Place Metro). In addition to number and chip pickup, official race merchandise and other runner exhibits will be at the expo. Bill Rodgers (only 4-time winner of the race) will host a running clinic. Limited Sunday morning pick-up at race site.

BILL RODGERS VIRTUAL TRAINING PROGRAM

Let four-time winner Bill Rodgers prepare you for this year's race with a 10-week graduated training program. Details will be on the race website after January 1, 2003.

PRRO CHAMPIONSHIP CIRCUIT

The Credit Union Cherry Blossom 10 Mile Run is a member of the 2003 Professional Road Running Organization circuit culminating in the PRRO Race of Champions at the 2003 Peachtree Road Race10K in Atlanta, GA on July 4, 2003.

Race Entry Checklist

- Complete entry form in full.
- Read and sign the waiver.
- Enclose entry fee check.
- Seal, stamp, and send!
- Recruit a Volunteer

Supporting Sponsors



Gatorade is the official sports drink and energy bar of the Credit Union Cherry Blossom.

CHARITY BENEFICIARY

For 2003, the Credit Union Cherry Blossom is pleased to have selected the following charity beneficiaries: A minimum of \$25,000 will be donated to the **Children's Miracle Network**. \$8,000 will be donated to the **Road Runners Club of America's Road Scholars** program to provide two grants for up-and-coming U.S. distance runners.

CREDIT UNION *The Credit Union Cherry Blossom/RRCA*
P.O. Box 5366, Rockville, MD 20848-5366
(301) 320-3350

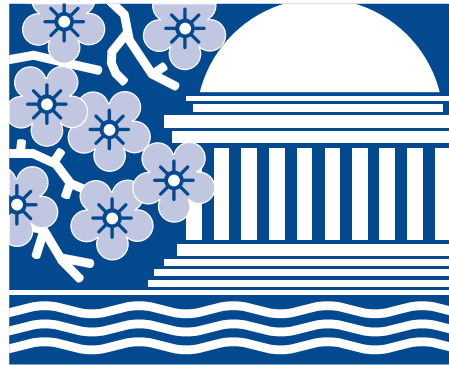


The Credit Union Cherry Blossom is sanctioned by the Road Runners Club of America and USA Triathlon. It is a member of the PRRO Championship Circuit.

Credit Union Cherry Blossom

31st Running

CREDIT UNION



CHERRY BLOSSOM

T E N M I L E R U N

"Run with the Credit Union Spirit"

Sunday, April 6, 2003
Washington, DC

Ten Mile Run Entry

Field limited to 7,000

Enter on this form immediately, or on-line at www.cherryblossom.org starting Mon., Dec. 16 at 10 a.m.

$\frac{1}{4}$ th selected from mail-in entries;
 $\frac{3}{4}$ ths from on-line entries.



RACE INFORMATION

All race information is on our website and race hotline.

- General Race Information
- Registration Questions
- Volunteer Signup/Information
- Seeded Runners
- Team Competition

Visit:

www.cherryblossom.org

or Call:

(301) 320-3350



VOLUNTEERS — JOIN IN THE FESTIVITIES

We need over 500 volunteers (a few on Sat., lots more on Sun.) to conduct this event. All volunteers will receive the official long-sleeved volunteer t-shirt and a transferable guaranteed entry (at prevailing entry fee) into the 2004 race. If you can help, complete this form and mail by **April 1**, to Becky Lambros, Volunteer Coordinator, 1064 Harbor Ct., Eldersburg, MD 21784; (301) 320-3350 or go to our website and signup on-line.

Name _____

Address _____

City _____

State _____ Zip _____

Evening Phone _____

E-mail _____

Days Available (Sat.-Sun.): _____

Previous Race Volunteer Experience: _____

Special Skills? (medical, CPR, foreign language): _____