

40th Annual Rite of Spring!

Saturday, April 29th, 2017

2K: 6:00 PM Friday, April 28

Happy March! There are less than 60 days until the 40th celebration of our Annual Rite of Spring.

Race Perks

Some reminders of what the Get in Gear experience will provide for you:

- 1st timer discount of \$20 at our participating retail partners Run N Fun, Fleet Feet Marathon Sports and RunMN. If you've never done the Get in Gear before, bring in your confirmation of registration to receive this great discount on shoes or merchandise.
- \$5 discount for kids in the Get in Gear 2K if a parent is registered for any of our Saturday events. Code is given in your confirmation of registration.
- 40th Anniversary [commemorative custom medal](#) to all finishers of all events.
- 40th Anniversary [quality and gender specific shirt](#).
- [Get in Gear custom design headwrap](#) given to all Friday packet pick-up registrants.
- Go Anywhere Pillow from MyPillow to all Friday packet pick-up registrants.
- FREE Park & Ride Shuttle to Minnehaha Park.
- Pacers for the [10K](#) and [Half Marathon](#) provided by the popular Twin Cities Pacers team.
- New this year is the ability for our existing registrants to change your event. [See here](#) to make your change.

Registration

If you have not yet registered, please [click here](#). Register by March 15th to get a personalized bib number.

We have been working hard on race details to bring you a fun kid's 2K on Friday night and a set of great races on Saturday morning at Minnehaha Park with distances of 10K, 5K or Half Marathon to choose from.

We are deep into operations phase but are excited to share updated news. As we close in on 4000 registrations to date our Half Marathon is 60% full – register before it fills as this year the course is new. Check out [the new course map here](#).

Fun stats of the Get in Gear participants

- Avg. Age: 40
 - Youngest: 2 (in the 2K)
 - Oldest: 90 (in the 5K)

- Age Group 35-39 tied for both male and female age group

- Gender demographic is 59% female to 41% male
 - 10K: 58% F, 42% M
 - HM: 59% F, 41% M
 - 5K: 66% F, 34% M

- 21 states are represented however this Minnesota “homegrown” event has 95% Minnesotans

Schedule for Saturday, April 29th:

9:00 AM 10K/Half Marathon Start

9:20 AM 5K Start

- FREE park and ride from VAMC for a drop off curbside next to beautiful Minnehaha Falls from 7:00am to 12:30pm for return trips
- FREE Bike Corral at Minnehaha Park hosted by Erik's Bike
- RRCA 10K Regional Championship
- USATF State 10K Championship and [Prize Money](#)
- FREE Corporate Challenge participation - [click here](#) for more information on signing up
- Separate check in and staging area for corporate teams

- FREE massage post-race on Saturday by NWHSU School of Massage (these are beyond awesome)
- FREE post-race refreshments and light food snacks

We will be sending out future announcements with updated and current information about our 40th Annual Rite of Spring.

Feel free to contact us with questions at giginfo@getingear.com for a timely response or call our office hotline at 651-528-8284; and if we can't answer, your call will be returned - we guarantee it!

Check out becoming a Get in Gear fan on [Facebook](#) as well as Get in Gear [Twitter](#) and [Instagram](#).

The Get in Gear Office
GIG Hotline: 651-528-8284
Fax: 651-788-9184
Email: giginfo@getingear.com

[Follow Get in Gear on Facebook!](#)
[Follow Get in Gear on Twitter!](#)
[Follow Get in Gear on Instagram!](#)

You are receiving this e-mail because of your relationship with Get in Gear. You may unsubscribe if you no longer wish to receive our e-mails via the "Manage Your Subscription" link below.