



40th Annual Rite of Spring! Saturday, April 29th, 2017 2K: 6:00 PM Friday, April 28



Wishing you all the luck of the Irish on March 17th. There are less than 45 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:

- 40th Anniversary Birthday Cake and cupcakes at Friday packet pick-up.
- 25# Pearsons Salted Nut Roll samples at Friday packet pick-up.
- 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.

Registration

If you have not yet registered, please [click here](#). Register before April 1st to save \$5.00 on the next fee increase. (2K fee remains the same).

There are 3 new registration categories this year:

1. The ability for our existing registrants to change your event. [See here](#) to make your change.
2. The ability to transfer your entry to another person for a \$10 fee if you are unable to run.
3. The ability to defer your entry to 2018.

For Friday night's 2K at 6:00pm you can register that same day from Noon until 5:30pm. Here are a few of the many perks for the 2K:

- Medal to all finishers
- Shirts to all 6 and over

NWHSU will be on-site from 1:00pm - 4:00pm to give massage to anyone for a fee of only \$20.00 for 30 minutes. Contact us at ginfo@getingear.com to be put on the schedule. This is well worth every dollar spent by extremely qualified and certified massage therapists.

NOTE: On Race Day they are there free of charge for all runners however the opportunity to book your private sports massage is highly encouraged.

Competition Information

Corporate Competition Info

As part of your registration check out our [corporate competition](#).

If you have at least 5 employees that can participate in any of the Get in Gear events you are eligible to be a team.

Elite Field - 10K Only

The 2017 elite complimentary entries have been sent; there is still space in the seeded entry field. If you are a competitive runner, review the [Guidelines for Comp and Seeded Entries](#) for more information.

If you meet the requirements, contact ginfo@getingear.com with your registration information and qualifying race information. This will allow you to be placed in the front as our USATF prize money winners are all computed on gun time.

Schedules

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 Acupuncture Demonstrations
- FREE Chiropractic taping pre and post race
- FREE post-race refreshments and light food snacks

Entertainment

- Post Run Food and Beverages near finish line area
- Well run, safe and secure kid's run

We are happy to report that registrations to date for our Half Marathon is 75% full - register before it fills as this year the course is new. Check out [the new course map here](#).

Volunteer Opportunities

Contact us if you are interested in a fun, half-day fund raising opportunity for a small group of 20-25. We will contribute \$500.00 to the group and shirts for all participants.

We will request a form be submitted that will state the group mission to use the funds to help fund the mission.

Contact our office at ginfo@getingear.com for an official form and to answer any questions you may have.

Newest 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 tie for largest age group has been broken. The female age group continues to be our largest at 35-39 and the male age group moved into dominance for the 45-49 age group



Gender demographic is 59% female to 41% male

- 10K: 58% F, 42% M - Avg. Age 43
- HM: 59% F, 41% M - Avg. Age 37
- 5K: 64% F, 36% M - Avg. Age 42

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 22 states are represented
however this Minnesota
"homegrown" event has 95%
Minnesotans

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
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