

Jim Click Run 'N' Roll

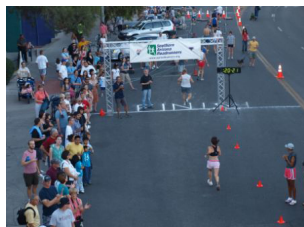
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With the crazy schedules most of us keep during the fall months—work events, kids' soccer games, PTA meetings, volunteer obligations - sometimes it can be difficult to stick to an exercise regimen. If you're one of the many whose workout routines are slacking this autumn, head to the University of Arizona campus this Sunday, Oct. 4, for the Jim Click Run 'N' Roll 8K and 2-Mile Fun Run.



Whether you're more interested in a sweaty and competitive race or a laid-back, healthy day out with the family, the Southern Arizona Roadrunners' Jim Click Run 'N' Roll has options for both types of participants. Benefitting Adaptive Athletics, a U of A-affiliated organization that offers disabled people the opportunity to participate in team sports, the Sunday race will include the 8K Run/Walk, the 3K Fun Run and the Elite 8K Wheelchair Race. The 8K Run/Walk and the 3K Fun Run will both follow different paths that travel throughout the U of A campus.

In addition to the races, the Jim Click Run 'N' Roll will also include a Race Expo. Don't worry about rushing off to refuel after the run, because Orange Julius will provide fresh squeezed orange juice while some of the more substantial fare will include bagels from Einstein's Bagels, food from El Charro Café, muffins and cookies from Sweet Tomatoes, Eege's drinks, coffee from Coffee Exchange, Vitaminwater, Clif Bars, and plenty of bottled water and other free goodies. Vendor tents will line the U of A mall (University Blvd. and Campbell Ave.) and will include athletic gear from Performance Footwear, health checks from UA Campus Health and massages with the Cortiva Institute. To get you pumped up for the early morning sweat session, the U of A pep band, cheerleaders, and mascots Wilbur and Wilma will be present to cheer on participants and winners.



Curious just when and where to show up on Sunday? Event registration will take place at the U of A mall. The timeline for the event day is as follows:

- 6:15 a.m. - Registration (for those not yet registered)
- 7:15 a.m. - Registration Closes
- 7:30 a.m. - Wheelchair 8K Start
- 7:40 a.m. - Open 8K Run/Walk
- 7:45 a.m. - 3K Run/Walk/Kid's Race
- 7:45 a.m. - Race Expo
- 9:00 a.m. - Awards Ceremony

If you prefer to take it slow and walk rather than run, walkers are welcome to participate in the timed Open 8K. Additionally, participants with dogs are welcome if they keep their furry friend on a leash, and strollers are also welcome. However, both must remain in the back of the running pack.

As if the promise of a fun-filled, calorie-burning day isn't enough to get you up and moving, further incentive is offered—if you win your age group, you'll also win a \$100 Performance Footwear gift certificate. You may register early for the event this week (through Oct. 3) for \$22 or on the day of the event for \$25 (\$3 off for children 12 and under). For more information or to register for the race, visit www.runnroll.org or www.azroadrunners.org.