



Spirit Run's mission is to host events for everyone and for event net proceeds to benefit kids causes.

We offer events for all ages (toddlers to grandparents), all running levels (walkers to elites), and even for human/dog duos. You choose whether to participate individually, with your family, or with your dog.

We realize the multiple choices can make choosing your event complicated. We hope the information below helps you to do so.

Note, adults and kids looking for extra competition may register for two events with the Adult Combo (Adult Mile + Adult 5K) and the Youth Combo (Youth Mile + Youth 5K)

## Youth Events



### Youth 5K

The Youth 5K is for high school aged and younger to compete without adult interference.

The first-place boy and girl in the race break the finish line tape!

Participants compete for Balboa Candy Gift Cards. Visit the [Awards Page](#) for details.



### Youth 1/4 - 1 Mile

The Youth Mile races range from 1/4 to 1-mile and are broken down by age as follows:

#### MILE RACE & AGE

- 1/4 Mile** - Age 4
- 1/2 Mile** - Age 5-6
- 1 Mile** - Age 7-8
- 1 Mile** - Age 9-14
- 1 Mile** - Age 15-17

Participants compete for Balboa Candy Gift Cards. Visit the [Awards Page](#) for details.



### Toddler Trot

This event is for children age 3 and younger. It takes place in the expo inside a fenced, astro-turf covered area. Participants may run "the course" as many times as they would like between 10:00 a.m. and 10:30 a.m.

No prizes are awarded in this event.

## Adult Events



### Adult 5K

Adults compete to win their share of the \$5,100 cash prize purse in this race. Visit the [Awards Page](#) for details on how to win.

Participants must maintain a 13 minute/mile pace or faster. Because of road closures, those running slower may be moved to the sidewalk to finish the race.

Individual adults may also walk a 5k. See 5k Family Walk below under Family Events.



### Adult Mile

Adult mile races are broken down by expected finishing time in minutes as follows:

#### RACE & EXPECTED MILE TIME

**Elite Mile** -Men 4:15, women 4:50

**Open/Masters Mile**- Men/women 10

**Family Mile\*** - Men/women 20

Adults compete in the Elite and Masters Mile to win cash. Visit the [Awards Page](#) for details.

\*Family Mile is for individual adults and families. See Family Mile below under Family Events.

## Family Events



### 5K Family Walk

The 5k Family Walk takes place immediately after the Youth 5K start. It is for infants, grandparents, and all ages in between to enjoy together.

This walk is also open to individual adults.

There are no prizes in the 5k Family Walk.



### 5K Family Mile

Like the 5K Family Walk, parents, children, and even grandparents may complete the Family Mile together. They have 20 minutes to walk, jog, or run this event.

This mile is also open to individual adults.

There are no prizes in the Family Mile.

## Dog Mile



## The Dog Mile

This event is for humans age 13 and older to run or walk with their BFF canines on leashes.

Racing duos compete to win Lazy Dog Restaurant gift cards. Visit the [Awards Page](#) for details.

## Frequently Asked Questions

### When is each race and where does each race start?

Visit the [Event Schedule Page](#) for the start time of each race. There are two start lines. Youth and Adult 1- mile races start near the corner of San Miguel and Newport Center. The Youth 5K, Adult 5k, 1/2 Mile, and 1/4 Mile races start adjacent to Edwards Big Newport Theater.

### May I accompany my child in the Youth 5k?

Parents or guardians of youth in the Youth 5k may register for the Adult 5k and run with their children in the Youth 5k. However, they must start in the back of the pack and later catch up with their children. No awards are available for such adults and no other adults are allowed.

### May I accompany my child in 1/4, 1/2, or Youth Mile?

Parents and guardians are not allowed in the start or finish areas of the 1/4 - 1- mile races. They may, however, jump in the race about 1/10 of a mile after the start and jump out again before the finish.

### May my child join me in the Adult 5k?

Children may run in the Adult 5k with their parents or guardians but will not be eligible to win prizes.

### May I bring a jogger in the Adult 5k?

Adults may run with their children in joggers but must start at the back of the pack.

### I want to run or walk with my family. What are my options?

You may participate together in the 5k Family Walk or the Family Mile. Register the adults for the Family Mile or 5k Family Walk and the children for their age appropriate 1/4 - 1 mile youth races and participate in the family event of your choice.

### Can I save fees if I register my family together?

Most families may save on fees with Multi Person pricing. A "family" is a parent or set of parents and their children under 18 years old residing in the same household. In a single transaction, the parents must register first and then register the children. The third person registering, and each additional child, receives a discount of 50%. **Multi Person Pricing ends March 15th.**

### I want to participate with my family but I or my kids want to race individually. Do I register twice?

You may participate together in a family event and you and/or your kids may also use their race number to compete individually in the age or finish time appropriate race. If, however, you and your children want to race two events, you must register each of you for the Adult or Youth Combo.

### Can I run the 5k and Dog Mile?

Yes, you must register for the 5k and Dog Mile separately.



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