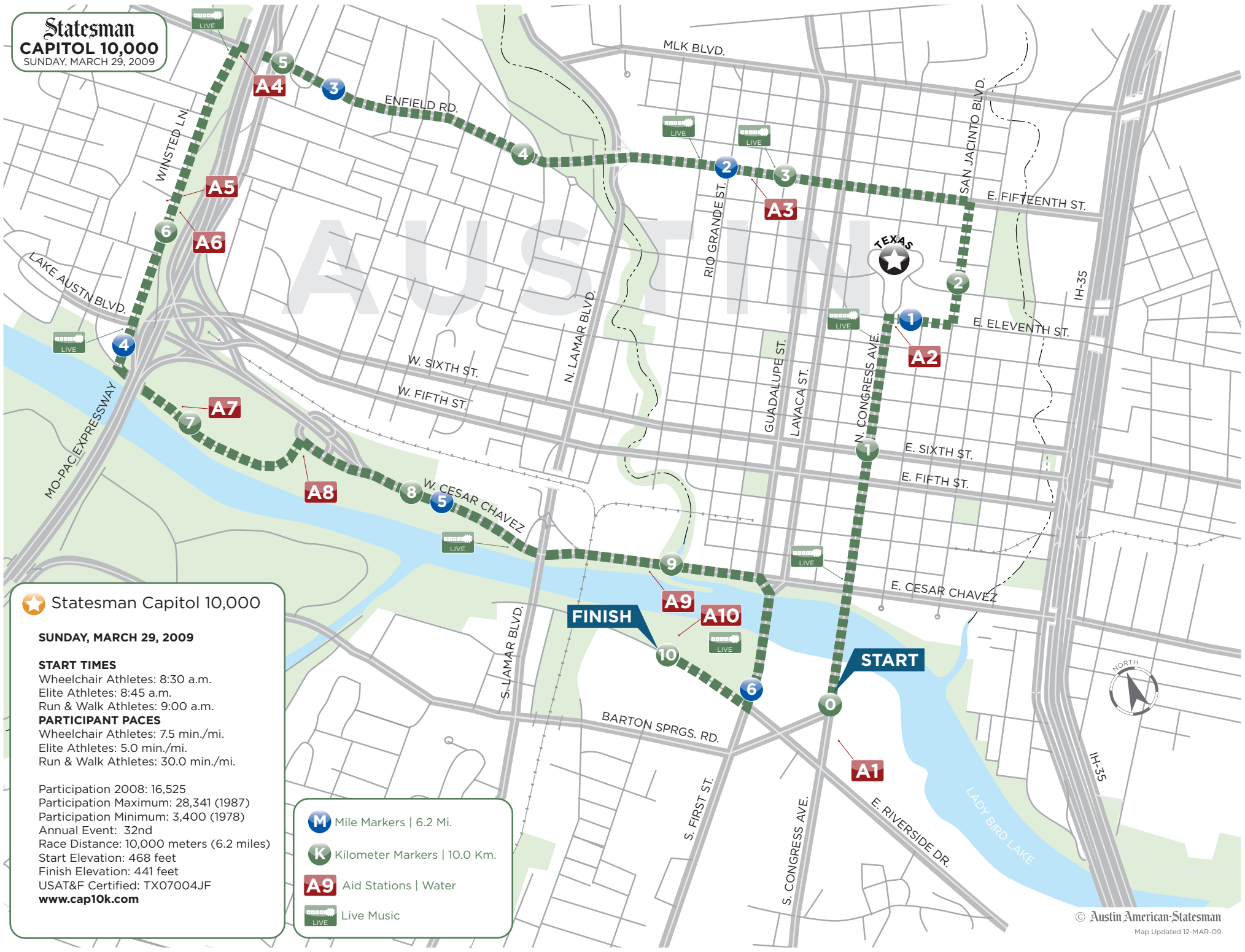


**Statesman
CAPITOL 10,000**
SUNDAY, MARCH 29, 2009



★ Statesman Capitol 10,000

SUNDAY, MARCH 29, 2009

START TIMES

Wheelchair Athletes: 8:30 a.m.
Elite Athletes: 8:45 a.m.
Run & Walk Athletes: 9:00 a.m.

PARTICIPANT PACES

Wheelchair Athletes: 7.5 min./mi.
Elite Athletes: 5.0 min./mi.
Run & Walk Athletes: 30.0 min./mi.

Participation 2008: 16,525
Participation Maximum: 28,341 (1987)
Participation Minimum: 3,400 (1978)
Annual Event: 32nd
Race Distance: 10,000 meters (6.2 miles)
Start Elevation: 468 feet
Finish Elevation: 441 feet
USAT&F Certified: TX07004JF
www.cap10k.com



Mile Markers | 6.2 Mi.



Kilometer Markers | 10.0 Km.



Aid Stations | Water



Live Music

