



**Half-Fast 5K Road Race**  
presented by Front Page News  
Saturday, Feb 13, 2010 – 10 AM  
Candler Park neighborhood, Atlanta

Hit the road for a run & hang around for some fun!

**RACE DETAILS:** The Front Page News Half-Fast 5K Road Race runs through the intown historic neighborhood of Candler Park. Take your race number to Front Page News (351 Moreland Ave) for brunch after the race and enjoy 25% discount - 11:30am to 12:30 pm - Mardi Gras party with adult beverages.

8:45 – 9:45 am Packet pick-up: Epworth UMC, 1561 McLendon Ave NE, Atlanta, 30307  
10:00 Race start

**REGISTRATION:** Limited to 1000!

Registration Fee = \$20 if postmarked/ registered by Feb 1st. \$25 after 2/1 and race day.

- Online –active.com
- Download form and mail race entry – [www.running4fitness.com](http://www.running4fitness.com)
- Download form from [www.rungeorgia.com](http://www.rungeorgia.com)
- Register in store Phidippides Ansley Mall – 404.875.4268
- Make checks payable to Park Pride, mail: Half-Fast 5K, 978 Scott Circle, Decatur, GA 30033

**AGE GROUPS/AWARDS:** Overall M & F; Masters M & F; First Place awards in the following age groups: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over. Special awards to first runner with dog and first runner with stroller. Phidippides gift cards to Overall M & F and Masters M & F.

**T-SHIRTS:** 100% cotton short-sleeved shirts

**RACE INFO:** Ed Williams 404.327.7738 roadraceservices@comcast.net

**SPONSOR INFO:** Mark Clement 404.808.3635

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### Entry Form - Half-Fast 5K Road Race

Checks payable: Park Pride. Mail - Half-Fast 5K, 978 Scott Circle, Decatur, GA 30033

T-Shirt:  S  M  L  XL

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_ GENDER [ ] M [ ] F  
E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in this run/walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event. Furthermore, I hereby grant the agents of this event permission to use photos or any other record of me in this event.

\_\_\_\_\_  
Signature of participant /Parent or guardian's signature if under 18 years of age

\_\_\_\_\_  
Date

**Running4Fitness.com**