



Saturday, May 14th
8:00 am
Kirkwood Station
1963 Hosea L. Williams Dr SE
Atlanta 30317

Registration limited to 500! Register early to claim your spot!!

RACE DETAILS: Come join us in the second annual Kirkwood Spring Fling 5k. From runners looking to set a PR to those runners just looking for a fun race, this race is for everyone. The race starts at Kirkwood Station, which is on Hosea Williams Drive at Howard Street NE. The course is fast and runs through our historic neighborhood. T-shirts and gift cards will be given to all runners who register before May 1st and limited to the first 500 people. After the race, runners can stay and enjoy the Kirkwood Spring Fling and Tour of Homes from 10am until 11pm. For more information on the race and the festival, please visit www.kirkwoodfling.com
Race Location: Kirkwood Station, 1963 Hosea L. Williams Dr SE, Atlanta 30317.
Course map found at <http://www.kirkwoodfling.com/5k-race.html>

REGISTRATION: \$20 if paid by May 1st; \$25 Late and Race Day Registration Race Day Registration and Packet Pick-Up at Kirkwood Station from 6:30 am –7:45 am

- Online –active.com
- In-store Phidippides at Ansley Mall 404.875.9602
- Download form and mail race entry – www.running4fitness.com or www.rungeorgia.com
- Checks payable to KNO and mail to Spring Fling 5K, 978 Scott Circle, Decatur, GA 30033

AGE GROUPS/AWARDS: Phidippides and Kirkwood Station Gift Cards to the Overall Male and Female and the Top Master's Male and Female winners. First Place awards in the following age groups: 10 & under; 11 - 14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over.

RACE INFO: Ed Williams roadraceservices@comcast.net 404.327.7738

SPONSOR & FESTIVAL INFO: Chris Smith 404.373.5340 www.kirkwoodfling.com

Rain or Shine | No Refunds

Entry Form – 2011 Kirkwood Spring Fling 5K Run/Walk

May 14 – 8:00 am

- Checks payable to KNO and mail: Spring Fling 5K, 978 Scott Circle, Decatur, GA 30033

Circle T-Shirt size: Small Medium Large X-Large

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