



## Atlanta Christmas 5K Run/Walk Saturday | 12.21.13 | 8:00 am

Don't miss this Atlanta Christmas tradition running through the Virginia Highland & Morningside neighborhoods! Registration closes at 1500 or Dec 11<sup>th</sup>, whichever is first. This is a family friendly event - walkers, strollers & dogs on leashes welcome. Portion of proceeds to benefit Atlanta Fire Foundation, Fire Station 19, & other charitable causes in the neighborhood. Long sleeved t-shirts! Santa Hats to all participants! Skinny Santa returns to start the race & give out goodies! Hundreds of dollars in drawings from local merchants! Christmas music! Loads of fun! **STARTS @ YWCA, 957 N Highland Ave NE, Atl, 30306 @ 8:00 am. ENDS @ Morningside Presbyterian Church, 1411 N. Morningside Dr, Atlanta 30306. Peachtree Road Race qualifier.** Fastest course in Virginia Highland.

**AGE GROUPS/AWARDS: ELECTRONIC CHIP TIMING.** Picture plaque awards to Overall M & F, Masters M & F, and 3-Deep for M & F 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, 65-69, 70 & over. Phidippides gift cards to the Overall M & F and Masters M & F winners.

**REGISTRATION:** \$35 if postmarked/received by Nov 15th; \$38 thereafter **NO RACE DAY REGISTRATION**

- Online – [www.active.com](http://www.active.com)
- In store at Phidippides Ansley Mall & Sandy Springs: [www.phidippides.com](http://www.phidippides.com)
- Download & mail – [www.running4fitness.com](http://www.running4fitness.com) or [www.rungeorgia.com](http://www.rungeorgia.com) Mail to: Race Director, 978 Scott Circle, Decatur, GA 30033

**EARLY PACKET PICK UP:** Pick up packets & t-shirts at Phidippides Ansley Mall location Dec 13, 14, 16 17, 18. Race Day Packet & T-Shirt Pick-up only for out of town runners or emergency: 6:45-7:45 am at YWCA.

**PARKING:** Parking available in YWCA parking lot, pay lots on N Highland, on side streets near the start or finish areas. Limited parking available at the church (finish area) – short walk to the starting line. Watch for “no parking” signs and please do not block driveways! MARTA recommended.

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



RAIN OR SHINE | NO REFUNDS

### ENTRY FORM – 2013 ATLANTA CHRISTMAS 5K – DEC 21, 2013

Checks payable to: *Running 4 Fitness* & mail to Race Director, 978 Scott Circle, Decatur, GA 30033

Amount enclosed \$ \_\_\_\_\_ **Circle one:** 5K Walk 5K Run **Circle:** Male Female

**T-Shirt (circle size):** Small Medium Large X-Large

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ 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 from legal liability. Furthermore, I hereby grant the agents of this event permission to use photographs, videotapes, motion pictures, recording or other record of this event for legitimate purposes.

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

Date \_\_\_\_\_

**Running4Fitness.com**