



5K & 10K ROAD RACE
VIRGINIA-HIGHLAND
SINCE 2012

6th Annual Intown Ten (10K) Road Race

Sunday, March 5th 2017 9:00 a.m.

New For 2017!

The Intown Ten "Lite"(5K) Road Race

8:00 a.m. (1 Hr. before 10K)

RACE DETAILS: Don't miss the 6th Annual Intown Ten Road Races in the popular Virginia Highland & Morningside neighborhoods. The courses start and end near John Howell Park located at Virginia Avenue NE & Barnett Street NE, Atlanta, 30306. The USATF certified courses are Peachtree Road Race chip timed qualifiers. New for this year is a certified 5K race. Race proceeds benefit neighborhood charities including Trees Atlanta and the YWCA of Greater Atlanta. Walkers & strollers welcome but must line up behind runners. We love pets, but please no dogs allowed. **Register early as this race is limited to 1000 & WILL SELL OUT early and there is NO RACE DAY registration.** intownten.com
LIKE US ON FACEBOOK FOR UPDATES AND TO WIN PRIZES facebook.com/intownten

5K / 10K AGE GROUPS/AWARDS: Overall M & F, Masters M & F, Stroller & First Place M & F each age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over. Hundreds of dollars in drawings.

RACE INFO, SPONSORS & PUBLIC RELATIONS: INTOWNTEN.COM & Rob Glancy 404-661-8719 info@intownten.com

10K REGISTRATION: \$40 thru 12/31 \$45 thru 1/31 and \$50 thereafter. Registration closes Feb 28th / when sold out.

5K REGISTRATION: \$35 thru 12/31 \$40 thru 1/31 and \$45 thereafter. Registration closes Feb 28th / when sold out.

- In store Phidippides, Ansley Mall & Highland Runners, Morningside. Cash or Check ONLY.
- Download form @ www.rungeorgia.com or intownten.com. Mail to: Intown Ten, 2996 Grandview Ave. NE, Ste 305, Atlanta, Georgia 30305. Checks payable to **Intown Ten**. Further race details at intownten.com.

PACKET & T-SHIRT PICK UP: Details will be posted at intownten.com by February 8, 2017 **RAIN OR SHINE I NO REFUNDS**

ENTRY FORM – 2017 INTOWN TEN (5K & 10K) SUNDAY, MARCH 5th 2017

(Please print— one form per runner. **Rain or shine, no refunds or transfers**)

CHIP TIMED 10K \$40 Unisex Premium Long Sleeved T-Shirt (circle): Small Medium Large X-Large

NOTE: \$40 thru 12/31 \$45 thru 1/31 and \$50 thereafter

CHIP TIMED 5K \$35 Unisex Premium Short Sleeved T-Shirt (circle): Small Medium Large X-Large

NOTE: \$35 thru 12/31 \$40 thru 1/31 and \$5 thereafter

LONG SLEEVED THERMAL UPGRADE: (circle) YES (\$12 additional) TOTAL ENCLOSED: _____

NAME _____ AGE ON RACE DAY _____

ADDRESS _____

CITY/STATE/ZIP _____ GENDER [] M [] F

E-MAIL _____ PHONE _____ BIRTHDAY _____

Waiver I know that running a road race is a potentially hazardous activity. I am in proper physical condition to complete 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, 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 photographs, videotapes, motion pictures, recordings or any other record of me in this event for legitimate purposes.

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

Date