

**7th Annual Adams Realtors RUN FOR THE PARK**  
**5K Run/Walk -Grant Park, Atlanta**  
**Saturday, August 29, 2009 8 a.m.**



**RACE DETAILS:** Participate in the 7th Annual Adams Realtors Run for the Park sponsored by Adams Realtors, Grant Park's premiere real estate company. The event, part of the weekend long Grant Park SUMMER SHADE FESTIVAL, includes a 5K Race & Kid's Tot Trot. All proceeds benefit the Grant Park Conservancy and its efforts to restore Atlanta's oldest park. Race begins at 8 am - Rain or shine. No Refunds. Park in the paved lot off Cherokee Ave. Stay and enjoy the festival after the race. 5K course around Atlanta's *tree-mendous* Grant Park. Tot trot starts at 8:45 am at Milledge Fountain – a short dash inside the park.

**AGE GROUPS/AWARDS:** Overall M & F; Masters M & F; 3-deep 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.

**REGISTRATION:** \$20 if postmarked or register online by Aug 22rd. After 8/22 = \$25

Tot trot for kids 5 & under = \$8

- Online – click here for [active.com](http://active.com)
- Download form and mail race entry – [www.running4fitness.com](http://www.running4fitness.com) OR [www.rungeorgia.com](http://www.rungeorgia.com)
- On-site registration at Adams Realtors through Aug 26th
- Make checks payable to SUMMER SHADE FESTIVAL & mail to Summer Shade Festival, c/o Adams Realtors, 458 Cherokee Ave SE, Atlanta, GA 30312
- Race Day Registration and Packet pick up starting at 7:00 am at the Milledge Fountain located in Grant Park located on Cherokee Ave – Near the Zoo Atlanta entrance.

**T-SHIRTS:** 100% Cotton Shirts

**INFO:** Ed Williams, Race Director 404-327-7738 email: [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net)  
 George Voegtlin 404-688-1222

**ENTRY FORM**

**Run for the Park – Saturday Aug 29<sup>th</sup> 8 am**

Check amount \$ \_\_\_\_\_ Payable to Summer Shade Festival  
 Mail c/o Adams Realtors, 458 Cherokee Ave, SE, Atlanta, GA 30312

T-Shirt: [ ] S [ ] M [ ] L [ ] XL [ ] 5K Run [ ] 5K Walk [ ] Tot Trot  
 Child T-Shirt: [ ] Youth Small [ ] Youth Med

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