

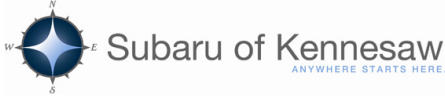
Summer Harvest Gallop 5K

www.thetimeisnow2010.com

Sunday, August 22, 2010

Anytime Fitness
3753 Marietta Hwy. #125
Canton, GA 30114

7:30 A.M. - Race day registration begins 6:30 A.M.



Say farewell to summer with this great 5K! Starting times are handicapped: slower runners first, faster runners last! It will be a great sprint to the end to see who wins! 5K qualifying time from one of seven races (see entry form below) is required. After the race, enjoy the biggest post-race feast in the South! This is the third event in *The Time is NOW Race Series!*

Cost: \$20.00 preregistered by Tuesday, 8/17
\$25.00 after 8/17 and race day
\$20.00 discount for advance registration for all four *The Time is Now Series* races

What you receive: Quality, moisture-wicking technical t-shirt and plenty of food and fluids after the race.

Awards (5K & 10K): Male & Female Open, Masters & Grandmasters. Awards also to the top 3 finishers 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, 65-69, 70 & Over. Unique finisher's medal for completing all four races.



More information: Contact Mark Vescio at (678) 895-2631 or runningmanwest@bellsouth.net. Visit www.thetimeisnow2010.com to find out how you can receive discounts on training and fitness, including the new Boot Camp program at all Anytime Fitness locations.

Registration: Make check payable to Summer Harvest Gallop 5K and mail to: Pacesetter's P.R., P.O. Box 81777, Atlanta, GA 30366 or register in person at any Big Peach Running Company location or register online at www.active.com.

The Time is NOW Race Series is sponsored by Anytime Fitness. You always wanted to get in shape. Now is the time! Let Anytime Fitness help you achieve your goals! With personalized attention and fitness centers that are truly open 24/7, Anytime Fitness will make sure that you get great results all in a fun environment! These races will help keep you motivated throughout the year, and will be great ways to check your progress! Anytime, anyplace, let Anytime Fitness take you there!



net proceeds benefit



Please fill in all information. Print neatly.

Name: _____ Age: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ T-Shirt (Adult Sizes): S M L XL XXL (add \$2.00)

Race: 5K Phantom (I want a t-shirt, but I choose not to run) **5K Qualifying Time:** _____ *Time must be from one of the following races (check one):*

Polar Bear 5K (1/23/10) Resolution Rush 5K (2/21/10) Jog for a Cause 5K (3/13/10) Earth Day 5K (4/10/10) Full House 5K (5/23/10) Celebrate America 5K (5/31/10) River Run for Hope 5K (6/5/10) Freedom Run 5K (7/4/10)

Also sign me up for: The Impossible 5K (11/7/10) \$20 each race

Registration Fee(s): \$ _____ + Additional donation \$ _____ = Total: _____



In consideration of acceptance of this entry I waive any and all claims for myself and/or my heirs for any injuries I may incur as a result of my participation in the Summer Harvest Gallop 5K and/or The Time is Now Race Series, thereby releasing all sponsors and volunteers associated with this event from liability. I understand that jogging/running is a strenuous sport and I further state that I am in proper physical condition for this event.

Signature (parent or guardian sign if under 18): _____