



Hands Around the Hill **Saturday June 14, 2014 8:00am**

RACE DETAILS:

This 5K run/walk through historic downtown Atlanta and Grant Park starts at 8am, rain or shine. **Race start/packet pick up at Talmadge Park @ corner of Mitchell and Washington Streets (Central Presbyterian Church, 201 Washington St, ATL)**

Proceeds from the race benefit those in need of shelter, food, and essentials of life in the Capitol Hill area.

Parking will be provided in the underground garage located on Central Avenue next to the Shrine of the Immaculate Conception Catholic Church. In addition, the Georgia State and Five Points MARTA stations are within a short walking distance.

Walkers and runners of all ages and levels are invited to participate. The course is well marked and supervised by police officers. Fruit, bagels, energy bars, and music at the finish line.

Race Limited to 1000!

No Race Day Registration!

5K AGE GROUPS/AWARDS: Overall M & F, Masters M & F; 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over (First Place only)

REGISTRATION:

- Individuals: \$20 if received by May 14; \$25 afterward. **There will be NO Race Day Registration.**
- Register online – www.active.com
- Download form and mail race entry – www.running4fitness.com
- Make checks payable to Hands Around the Hill. Mail to: Hands Around the Hill c/o Ed Williams, 2107 N Decatur Rd, Unit 117, Decatur, GA 30033

T-SHIRTS: All participants will receive a beautiful colored short-sleeve 100% cotton t-shirt.

RACE INFO: Ed Williams, Race Director 404-327-7738 | roadraceservices@comcast.net

SPONSOR INFO: Jackie Stephenson 404-624-3901 | carolinajackson@bellsouth.net

ENTRY FORM – Hands Around the Hill 5K Run/Walk, June 14, 2014 | 8am

(Please print—form may be copied, one form per runner, please)

Payable to Hands Around The Hill

Mail to: Hands Around the Hill c/o Ed Williams, 2107 N Decatur Rd, Unit 117, Decatur, GA 30033

T-Shirt (circle one) Small Medium Large X-Large
Enclosed is my registration fee of \$ _____ Additional donation \$ _____

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 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

