



## **Hands Around the Hill** **Saturday June 9, 2012 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 Central Night Shelter, which provides shelter and hospitality to homeless men during the winter months, and Central Outreach & Advocacy Center, an organization devoted to moving those who are experiencing homelessness into stable permanent housing. [www.catholicshrineatlanta.org](http://www.catholicshrineatlanta.org) [www.cpcatlanta.org](http://www.cpcatlanta.org) 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, Larabars and music at the finish line.

**RACE INFO:** Ed Williams, Race Director 404-327-7738 | [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net)

**SPONSOR INFO:** Jackie Stephenson 404-624-3901 | [carolinajackson@bellsouth.net](mailto:carolinajackson@bellsouth.net)

### **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 20; \$25 after May 20. **There will be NO Race Day Registration.**
- Register online – [www.active.com](http://www.active.com)
- Download form and mail race entry – [www.running4fitness.com](http://www.running4fitness.com)
- Make checks payable to Hands Around the Hill. Mail to: Hands Around the Hill c/o Ed Williams, 978 Scott Circle, Decatur, GA 30033

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

## **ENTRY FORM – Hands Around the Hill 5K Run/Walk, June 9, 2012 | 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, 978 Scott Circle, 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