



Saturday, May 17, 2014 | 8:00 am
Kirkwood Station
1963 Hosea L. Williams Dr SE
Atlanta 30317

Registration limited to 500! Register early to claim your spot!!

RACE DETAILS: Come join us in this year’s Kirkwood Spring Fling 5k. From runners looking to set a PR to those runners just looking for a fun race, this race is for everyone. The race starts at Kirkwood Station, which is on Hosea Williams Drive at Howard Street NE. The course is fast and runs through our historic neighborhood. After the race, runners can stay and enjoy the Kirkwood Spring Fling and Tour of Homes from 10am until 11pm. Race Location: Kirkwood Station, 1963 Hosea L. Williams Dr SE, Atlanta 30317. <http://www.historic-kirkwood.org/>

REGISTRATION: \$25 if paid by April 1st; \$30 Late and Race Day Registration Race Day Registration and Packet Pick-Up at Kirkwood Station from 6:30 am –7:45 am

Special perk for pre-reg: *In addition to dri-weave shirt, receive FREE BEER TOKEN in goodie bag redeemable at the Festival (\$5 value). Valid ID required.*

- Online –active.com
- In-store Phidippides at Ansley Mall 404.875.9602
- Download form and mail race entry – www.running4fitness.com or www.rungeorgia.com
- Checks payable to KNO and mail to Ed Williams/Spring Fling 5K, 2107 N Decatur Rd, Unit 117, Decatur, GA 30033

AGE GROUPS/AWARDS: Phidippides gift cards to the Overall Male and Female and the Master's Male and Female winners. First Place gift cards awarded to age group winners: 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.

RACE INFO: Ed Williams roadraceservices@comcast.net 404.327.7738

SPONSOR & FESTIVAL INFO: Amber Owens 404.523.3552 amberowens@yahoo.com

Rain or Shine | No Refunds

Entry Form – 2014 Kirkwood Spring Fling 5K | 5/17/14 | 8am

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Circle T-Shirt size: Small Medium Large X-Large

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

Running4Fitness.com