

NEW LOCATION FOR THIS YEAR'S RACE - JOHN HOWELL PARK IN THE VIRGINIA HIGHLAND NEIGHBORHOOD

5K @ 8:30am
Tot trot @ 9:15 am



RACE DETAILS: Join us for the 13th Annual Legal Runaround in John Howell Park. Proceeds benefit the Atlanta Bar Foundation Police Scholarship Fund which provides college scholarships to the children of Atlanta police officers who are killed or disabled in the line of duty. For those who cannot participate but would still like to support the cause, "Phantom Runners" can make donations and will be mailed a t-shirt. Strollers and dogs on leashes welcome. There is no charge for the Tot Trot and it is open to kids ages 5 & under. Finisher ribbons given. There are no t-shirts for the Tot Trot. 5K participants will receive a 100% cotton short-sleeved T-shirt.

AGE GROUPS/AWARDS: Overall M & F, Masters M & F & Top M & F finishers in each category: 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.

REGISTRATION: Rain or Shine. No Refunds. \$25 if received by September 10; late and race day registration = \$35

- Register online – www.active.com
- Register in store – Phidippides, Ansley Mall
- Download form and mail race entry – www.running4fitness.com
- Checks payable to Atlanta Bar Foundation and mail to The Legal Runaround, 229 Peachtree Street, Suite 400, Atlanta, GA 30303
- Race Day On-site registration & packet pick up beginning at 7:30 am at John Howell Park

TOT TROT: For ages 5 & under. Tot trot starts at 9:15 am. There is no charge for the Tot Trot and it is open to kids ages 5 & under. Finisher ribbons given. There are no t-shirts for the Tot Trot.

T-Shirts: All 5 PARTICIPANTS will receive a 100% cotton short-sleeved T-shirt.

RACE INFO: Ed Williams | 404-327-7738 | email: roadraceservices@comcast.net

SPONSOR INFO: Sally Hogsette | 404-537-4933 | email: shogsette@atlantabarfoundation.org

ENTRY FORM – 2013 LEGAL RUNAROUND 5K & TOT TROT | OCT 5th

Circle Event	5K Run/Walk	Tot Trot	Phantom runner
Circle T-Shirt	Small Medium	Large	X-Large XX-Large
Reg. Fee enclosed:	\$ _____		My donation fee: \$ _____

Name: _____ Age: _____ Gender: [] M [] F

Address: _____

City State Zip: _____

E-mail: _____ Phone: _____

Law Firm/Company: _____

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 _____

Running4Fitness.com