



**RACE DETAILS:** Join us for the 11<sup>th</sup> annual Legal Runaround in Piedmont Park, Atlanta. Race location @ Main Pavilion inside Piedmont Park. Strollers and dogs on leashes welcome. 5K Run & Walk begins at 8:30am. 1-mile fun run/walk. Tot Trot is open to kids ages 5 & under. There is no charge and should register by mail or on Race Day. Finisher ribbons given. No Tot Trot t-shirts.

**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. Checks payable to Atlanta Bar.

- \$18 if received by Sept 1; late and race day registration = \$25
- Register online – [www.atlantabar.org](http://www.atlantabar.org)
- Download form and mail race entry – [www.running4fitness.com](http://www.running4fitness.com)
- Race Day On-site registration & packet pick up beginning at 7:30 am

**T-SHIRTS:** All participants will receive a 100% cotton short-sleeved T-shirt.

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

**SPONSOR INFO:** Diane O’Steen | 404-832-6206 | email: [dosteen@atlantabar.org](mailto:dosteen@atlantabar.org)

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**ENTRY FORM – 2011 LEGAL RUNAROUND 5K & TOT TROT | SEPT 10<sup>TH</sup>**

Payable to Atlanta Bar and mail to 229 Peachtree Street, Suite 400, Atlanta, GA 30303

Circle: 5K run/walk      1 mile fun run/walk      Tot Trot (Free ages 5 & under/ no t-shirt)

T-Shirt (circle): Small    Medium    Large    X-Large

Enclosed is my registration fee of \$\_\_\_\_\_

I am unable to participate but have enclosed a donation of \$\_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ GENDER [ ] M [ ] F

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