



2012 O'Highlands Jig & Jog 5K

Virginia Highlands, Atlanta

Saturday, March 17 – 8:00am

Register early for this year's St. Patrick's Day 5K in the popular Virginia Highlands neighborhood. Race closes at 500 or March 10, whichever comes first. Irish music & loads of fun! Walkers welcome. Kids in strollers & dogs on leashes okay. Wear the best Irish costume and win \$25 cash! New this year – "Dance A Jig Contest with \$50 cash prize. Stick around after the race to check out neighborhood watering holes for good food & drinks. Race is rain or shine | No Refunds

REGISTRATION: NO RACE DAY REGISTRATION! Fee: \$25 if paid by 2/10; \$30 afterward

We encourage you to pick up packet and t-shirt early to avoid race day hassle! Pick-up at Phidippides Ansley on: 3/9, 3/10, 3/12, 3/13, 3/14. Race Day packet pick up 6:30 - 7:30 am at Doc Chey's Noodle House, 1424 N. Highland Ave, Atl 30306 (Race start/finish in same area) Race Day pick-up for out of town runners and emergency only.

- www.active.com
- www.Running4Fitness.com (download form)
- www.rungeorgia.com (download form)
- U.S. Mail – see below
- In Store Registration at Phidippides, Ansley Mall www.phidippides.com

TROPHIES: Overall M & F, Masters M & F, and 3-Deep each age group in 5 year increments: 10 & under thru 65 & over. Phidippides gift cards for Overall M & F and Masters M & F winners.

COSTUME CONTEST – \$25 PRIZE!

M & F Best Kid Costume (12 & under); M & F Best Teen Costume (13 – 19); M & F Best Adult Costume (20 & up)

T-SHIRTS: Green 100% cotton shirts with St. Patrick's Day theme

RACE INFO (404) 327-7738 | www.Running4Fitness.com | Roadraceservices@comcast.net

PRIZES! SHAMROCK BEADS FOR ALL PARTICIPANTS! Pot O' Gold drawings for hundreds of dollars in gift cards from local running stores, Doc Chey's and other local restaurants.

PORTION OF PROCEEDS TO BENEFIT CHARITABLE CAUSES IN IMMEDIATE NEIGHBORHOOD.

ENTRY FORM – 2012 O'HIGHLANDS JIG & JOG 5K RUN/WALK

Checks payable to: *Running 4 Fitness* & mail to Race Director, 978 Scott Circle, Decatur, GA 30033

Amount enclosed \$ _____

T-Shirt: S___ M___ L___ XL___ M___ F___

Check one: ___ 5K Run ___ 5K Walk

NAME _____ AGE _____

ADDRESS _____

CITY/STATE/ZIP _____ 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 from legal liability. Furthermore, I hereby grant the agents of this event permission to use photographs, videotapes, motion pictures, recording or other record of this event for legitimate purposes.

Signature of participant /Parent or guardian's signature if under 18 years of age

Date

Running4Fitness.com

