



Annual Virginia Highland Christmas 5K Run December 18 9:00 am

Claim your spot now for this year's Christmas 5K in Virginia Highland

Race closes out early every year – don't procrastinate!

Hundreds of dollars in drawings from local merchants!

Santa hats to the first 500!

Skinny Santa returns to start the race and give out goodies!

Long sleeved 100% cotton t-shirts

Post race fruit, goodies

[View course map](#)

Race goes on Rain or Shine (or snow) – No Refunds

NO RACE DAY REGISTRATION

Walkers, strollers, dogs on leashes welcome. Portion of the proceeds to benefit charitable causes in the immediate neighborhood.

REGISTRATION: Registration closes at 1000 participants or Dec 9th – whichever comes first

- Online – www.active.com
- In store reg. - Phidippides Ansley Mall & Sandy Springs: www.phidippides.com
- Download & mail – www.running4fitness.com or www.rungeorgia.com
Mail to: Race Director, 978 Scott Circle, Decatur, GA 30033
- Fee = \$23 if postmarked/ received by Nov 1st; \$28 after that date or until race closes
- Race Day Packet & T-Shirt Pick-up: 7:15-8:30 am at Fire Station #19
- Early packet pickup at Phidippides Ansley Mall location only. Avoid the hassle by picking up race number and t-shirt before race day (10am – 6pm) Dec 10, 11, 13, 14, 15 www.phidippides.com

START: Fire Station #19 located at 1063 N. Highland Ave NE, Atl, 30306 @ 9 am

END: Morningside Presbyterian Church, 1411 N. Morningside Dr, Atlanta 30306

Parking information: Parking available on side streets near the start or finish areas. Limited parking available at the church (finish area) - short walk to the starting line. Watch for "no parking" signs and please do not block driveways!

AGE GROUPS/AWARDS: Picture plaque awards to Overall M & F, Masters M & F, and 3-Deep for M & F Age Groups: 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. Phidippides gift cards to the Overall M & F and Masters M & F winners.

Ed Williams, Race Director 404.327.7738

email: roadraceservices@comcast.net

ENTRY FORM – 2010 VIRGINIA HIGHLAND CHRISTMAS 5K RUN/WALK

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

Amount enclosed \$ _____

Circle one: 5K Walk 5K Run

T-Shirt: S ___ M ___ L ___ XL ___

M ___ F ___

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 _____