



**Atlanta Christmas 5K Run/Walk  
(formerly the Virginia Highland  
Christmas 5K)  
Saturday | 12.22.12 | 8:30 am**



Registration limited to 1500  
Don't Procrastinate – closes out early  
every year

**START:** Fire Station #19 located at 1063  
N. Highland Ave NE, Atl, 30306 @ 8:30  
am  
**END:** Morningside Presbyterian  
Church, 1411 N. Morningside Dr, Atlanta  
30306

**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.

**Don't miss this  
Atlanta Christmas  
tradition running  
through the  
Virginia Highland  
and Morningside  
neighborhoods!**

**New this year!  
Electronic chip  
timing!!!**



**REGISTRATION:** \$30 if  
postmarked/received by Oct 1<sup>st</sup>; \$35  
thereafter. Event closes when registration  
reaches 1500 or Dec 11<sup>th</sup>, whichever comes  
first. NO RACE DAY REGISTRATION  
\*Online – [www.active.com](http://www.active.com)  
\*In store at Phidippides Ansley Mall &  
Sandy Springs: [www.phidippides.com](http://www.phidippides.com)  
\*Download & mail –  
[www.running4fitness.com](http://www.running4fitness.com) or  
[www.rungeorgia.com](http://www.rungeorgia.com)  
Mail to: Race Director, 978 Scott Circle,  
Decatur, GA 30033  
**PACKET PICK UP:** Pick up packets and t-  
shirts early at Phidippides Ansley Mall  
location only on Dec 14, 15, 17, 18, 19.  
[www.phidippides.com](http://www.phidippides.com)  
Race Day Packet & T-Shirt Pick-up only for  
out of town runners or emergency: 7:15-  
8:15 am at Fire Station #19.

This is a family friendly event | walkers, strollers and dogs on leashes welcome.  
Portion of proceeds to benefit Atlanta Fire Foundation, Fire Station 19, and other charitable causes in the  
neighborhood. Long sleeved t-shirts! Santa Hats to all participants! Skinny Santa returns to start the race and  
give out goodies! Hundreds of dollars in drawings from local merchants!

**PARKING:** 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!

**RACE INFO:** Ed Williams | Race Director 404.327.7738 | [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net)  
RAIN OR SHINE | NO REFUNDS

**ENTRY FORM – 2012 ATLANTA CHRISTMAS 5K (formerly VIRGINIA HIGHLAND CHRISTMAS 5K)**

Checks payable to: *Running 4 Fitness* & mail to Race Director, 978 Scott Circle, Decatur, GA 30033  
Amount enclosed \$ \_\_\_\_\_ **Circle one:** 5K Walk 5K Run **Circle:** Male Female  
**T-Shirt (circle size):** Small Medium Large X-Large

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**