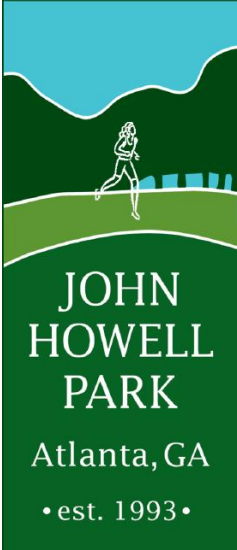




The Intown Ten (10K) Road Race

Sunday, March 4th | 8:00 a.m.

USATF Peachtree Qualifier



RACE DETAILS: Don't miss this exciting new 10K race in the popular Virginia Highland and Morningside neighborhoods. Starts and ends at John Howell Park located at Virginia Avenue NE and Barnett Street NE, Atlanta, 30306. USATF certified course is relatively fast with rolling hills and is a Peachtree Road Race qualifier. Electronic chip timing. Race proceeds benefit improvements to John Howell Park. Walkers and strollers welcome but must line up behind runners. No dogs allowed. Be sure to register early because this race is limited to 1000 and there is NO RACE DAY registration. Early packet & t-shirt pick up at Phidippides Ansley Mall.
www.intownten.com www.facebook.com/intownten

AGE GROUPS/AWARDS: Overall M & F, Masters M & F & First Place M & F each age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over. Hundreds of dollars in drawings from Doc Chey's Noodle House and other local businesses. 100% organic cotton short sleeved t-shirts.

RACE INFO: Ed Williams, Race Director 404-327-7738
roadraceservices@comcast.net

SPONSOR INFO: Rob Glancy 404-661-8719

REGISTRATION: \$35 until Feb 1st. \$40 thereafter. Registration closes Feb 23rd. RAIN OR SHINE | NO REFUNDS

- www.active.com
- In store at Phidippides Ansley Mall
- Download form www.running4fitness.com or www.rungeorgia.com. Mail: Intown Ten Race Director, 978 Scott Circle, Decatur, GA 30033. Checks payable to Intown Neighbors.

PACKET & T-SHIRT PICK UP:

Early pick up at Phidippides Ansley Mall, 1544 Piedmont Ave, Atlanta 30324 | 404.875.4268 | Feb 24, 25, 27, 28, 29, Mar 1. www.phidippides.com

Race Day pick up for out of towners & emergency pick up | John Howell Park – 6:45 – 7:45am.

ENTRY FORM – 2012 INTOWN TEN (10K) SUNDAY, MARCH 4th 8am

(Please print—form may be copied, one form per runner, please)

Circle: **10K Run** **10K Walk** T-Shirt (circle): **Small** **Medium** **Large** **X-Large**
NAME _____ AGE _____
ADDRESS _____
CITY/STATE/ZIP _____ GENDER [] M [] F
E-MAIL _____ PHONE _____

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