



# KashiAtlanta

urban yoga ashram

## First Annual Kashi Atlanta 5K Run/Walk

Saturday, September 12, 2009 – 11:30 am

Kashi Atlanta, 1681 McLendon Ave, Atlanta 30307 (404.687.3353)

**DETAILS:** On Saturday, September 12, 2009, Kashi Atlanta will host three events on the beautiful Kashi Atlanta property in Candler Park / Lake Claire. Kashi Atlanta is committed to alleviating the suffering in the community through yoga and dedicated community service. [www.kashiatlanta.org](http://www.kashiatlanta.org)

5<sup>th</sup> Annual Open House

7<sup>th</sup> Annual Yogathon

1<sup>st</sup> Annual 5K Run/Walk

This is the inaugural year of the Kashi Atlanta 5K Run Walk. Start training! Professionally-run, family-friendly, beautiful tree-lined, benefit race through Candler Park and Lake Claire is organized by Race Director, Ed Williams. Come and be a part of our very first 5K and make a difference in the community. Race Starts and Ends at Kashi Atlanta. Stay around after the 5K for the Open House and Yogathon. Visit Kashi Atlanta's web site for info.

**AGE GROUPS/AWARDS:** Trophies to Overall M & F, Masters M & F, and M & F 1<sup>st</sup> place finishers in each of the following 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 & over. Beautiful multicolored 100% cotton t-shirts. Hundreds of dollars in prize drawings from neighborhood running stores and restaurants.

**REGISTRATION:** \$20 if postmarked or received by Sept 5th; \$25 afterward and on race day

- Online – [www.active.com](http://www.active.com)
- Download form and mail race entry – [www.running4fitness.com](http://www.running4fitness.com) or [www.rungeorgia.com](http://www.rungeorgia.com)
- In Person at Kashi Atlanta
- Make checks payable to Kashi Atlanta; mail to Kashi Atlanta 5K Run/Walk (see address above)
- Race day registration and packet pick-up: 10:00 – 11:15am at Kashi Atlanta
- Race will go on rain or shine - No refunds

**RACE INFO:** Ed Williams, Race Director 404-327-7738

email: [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net)

For Sponsor information: Tony Conway at 404.433.4187

email: [kalimadas@gmail.com](mailto:kalimadas@gmail.com)

### ENTRY FORM – KASHI ATLANTA 5K – SEPT 12<sup>TH</sup> 11:30 am

Amount \$ \_\_\_\_\_ Payable to 'Kashi Atlanta' & mail to Kashi Atlanta 5K, 1681 McLendon Ave, Atlanta, GA 30307

T-Shirt: [ ] S [ ] M [ ] L [ ] XL Age: \_\_\_\_\_ [ ] Male [ ] Female

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

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