



Spring Fling

April 12, 2014 - Barrett Summit
1940 Lodge Rd
Kennesaw, GA



Spring Fling

Maria's Spring Fling was created in honor of my daughter Maria who was diagnosed with Epilepsy before her 3rd Birthday. We watch how she bravely faces adversity daily, and her strength convinced me to put on an endurance race for her, to help raise money for Epilepsy research.

6 Hour Run (Individual and team)

Starts at 8am. For the team category, teams of 2 runners trade off laps like a traditional relay, but you can determine how many laps before switching.

3 hour run (Individual and team)

You will have the option of starting at 8am or 11am. For the team category, teams of 2 runners trade off laps like a traditional relay, but you can determine how many laps before switching out.

1 Hour Run

1 Hour runners can start at 7am or 2pm. This is a great option for the littler ones to experience the joy of trail running, and Mom or Dad can still run the 3 or 6 hour!

Food and fun

We will have one of the best stocked aid stations you will ever see! We will also have fun things for the kids to do during daylight hours, so the whole family is welcome to come and join in on the fun!

Restrooms

We will have portajohns available less than 20 feet from the course!

Swag!

All runners will get a high quality tech shirt and purple Epilepsy Awareness bracelet. 6 Hour runners will also get a tavern glass!

Level of Difficulty

The trail is beginner level, and very safe at all times! GREAT course for a first timer!

Tents, etc.

Pope and Land has graciously allowed us to set up tents, canopies, etc. in the field next to the trail (which is just steps off the parking lot!) Please be sure to pack out what you bring in.

Who we support

Maria's Spring Fling was created to help raise money for Epilepsy research in children! A special thank you to CHOA for their partnership!

Runner Limit

There will be a strict 150 runner limit and it will certainly sell out, so don't delay in signing up!

Phantom Runner

Want to support the cause but don't want to sweat? Sign up as a phantom runner! All phantom runners receive all the great swag as everyone else, PLUS they get to help a great cause!

Course is a .65 mile loop around a beautiful lake! Mostly mulch and soft grass with some boardwalk mixed in. The course is not technical at all, so for those that wanted to try something new this is a great event to do so



Fees

3 hour individual run \$40 through 4/4/14, \$50 after

3 hour team run \$60 through 4/4/14, \$80 after

6 hour individual run \$60 through 4/4/14, \$70 after

6 hour team run \$80 through 4/14/14, \$100 after

Phantom Runner \$50 1 Hour Run \$25

Teams MUST have all runners complete a registration form and turn them in together

Register online at active.com or at any Big Peach Running Co. location! You can also mail registration to the address below. **MUST BE POSTMARKED BY April 1, 2014!**

Please make checks payable to "Miles For Maria" and send to:

Run For It! Productions
PO Box 440032
Kennesaw, GA 30160

THERE IS A STRICT MAIL IN CUTOFF OF APRIL 1ST OR WHEN THE RACE SELLS OUT, WHICHEVER COMES FIRST SO DON'T MISS OUT!

Questions

contact Mark Vescio at:
678 895 261
runningmanwest@bellsouth.net

Name: _____ DOB: _____ Age: _____ Male _____ Female _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ Email: _____ T-Shirt (Adult Sizes): S M L XL XXL (add \$ 2.00)
(Youth Sizes): YM YI (youth shirts avail with pre-reg option only)
SOLO ☐ TEAM ☐ 1 HR RUN ☐ 6 HR RUN ☐ 3 HR RUN ☐ Registration Fee(s): \$ _____ = Total: \$ _____

In consideration of acceptance of this entry I waive any and all claims for myself and/or my heirs for any injuries I may incur as a result of my participation in The Locomotive Race Series and/or Miles for Maria Spring Fling, thereby releasing all sponsors and volunteers associated with this event from liability. I understand that jogging/running is a strenuous sport and I further state that I am in proper physical condition for this event. Race will be held regardless of weather. No refunds will be issued.

Signature (parent or guardian sign if under 18): _____ Date: _____