

## 2<sup>nd</sup> Annual Morningside Mile Sunday, October 16<sup>th</sup> - 12 Noon

Race will close at 1000 runners or on Oct 10, whichever comes first. Races in this popular Virginia Highland/Morningside neighborhood always close out early. Don't delay!



Cash prizes to M&F Overall (\$200), Masters (\$100) & Grandmaster (\$50) winners. Local merchant gift cards to age group winners

**RACE DETAILS:** Dude, it's only a mile! The Morningside Mile is the first & only competitive mile race in Atlanta that awards its fastest runners with cash prizes! Runners of all skill levels are encouraged to don their running shoes for what promises to be a fun race & great after party. For the latest info, visit [www.MorningsideMile.com](http://www.MorningsideMile.com)

**RACE START:** Point-to-point race. Starts at Virginia Ave & Lanier Blvd; ends on N Highland Ave in front of Morningside Village. Meet on Lanier Blvd just north of Virginia Ave & runners escorted to starting line.

**GREAT SWAG!** Registered runners get a race hat, commemorative pint glass & other swag, including a free Sweetwater beer (21+ with ID) or Yoforia frozen yogurt at post-race block party. All race numbers entered in raffle to win prizes from Phidippides, Mizuno, Podium Multisport & other local merchants. Must be there to claim prize.

**PARKING:** Recommend parking close to the finish line & walk/run to the start so you can enjoy the post-race block party. Please note that Morningside Village parking lots will be closed. On-street parking on Lanier Blvd, University Ave, North Morningside Dr & Cumberland Dr. Do not block driveways. Marta services the neighborhood.

**BLOCK PARTY AFTER THE RACE:** Noon – 3pm. Live music, food & family fun at finish line! Doc Chey's anniversary (noodle eating contest & sumo wrestling), awards ceremony, bouncy house, firefighter activities, dunk tank, face painter, local vendors, pet adoptions, raffles & more. Food by Doc Chey's, Alon's, Rosebud, The Family Dog & Yoforia. Meet Morningside business owners & neighborhood firefighters. Invite friends & family to cheer you on & enjoy the party. Morningside Village -1424 N Highland Ave. [www.MorningsideMile.com](http://www.MorningsideMile.com)

**PROCEEDS BENEFIT ATL'S OLDEST FIREHOUSE:** October is National Fire Safety Month! Portion of race & event proceeds donated to Atlanta Fire Foundation for restoration of the Virginia Highland station #19.

**REGISTRATION:** \$25. Race closes Oct 10 or 1000 runners, whichever comes first. No race day registration.

- Register online at [www.active.com](http://www.active.com).
- Register in person at Phidippides Ansley Mall, 1544 Piedmont Ave, 404.875.4268. [www.phidippides.com](http://www.phidippides.com) (print entry form from [www.running4fitness.com](http://www.running4fitness.com))

**PACKET PICKUP:** Pick-up Oct 8-15 @ Phidippides Ansley Mall. No race day packet pick-up & runners without numbers are not eligible for cash prizes.

**INFO:** Ed Williams | [roadraceservices@comcast.net](mailto:roadraceservices@comcast.net) | 404.327.7738 or stop by Phidippides | 404.875.4268



### Entry Form – The Morningside Mile Sun, October 16th – 12noon

Make check payable to Phidippides/Morningside Mile. No mail in registration

NAME \_\_\_\_\_ AGE \_\_\_\_\_ [ ] M [ ] F

ADDRESS \_\_\_\_\_

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

- Estimated Mile Time (C'mon, be honest) [ ] Elite (6 minutes or less)  
 [ ] Weekend Warrior (6-9 minutes)  
 [ ] Family (9 minutes + walkers, jog strollers)

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. Furthermore, I hereby grant the agents of this event permission to use photos or any other record of me in this event.

Signature of participant /Parent or guardian's signature if under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_

**Running4Fitness.com**