

3M River City Run 2008

10K, 3.5 mile, and ½ mile Fun Run/Walk
Saturday, April 12, 2008

T.C. Almon Recreation Center, Point Mallard Park, Decatur, AL

3.5 Mile Run:

- Start Time - 8:00 AM
- Non-certified Course
- Awards:
 - a. Overall, Masters, & Grand Masters
 - b. Male and Female
 - c. Age Group: First 3 places for 10 year age groups from 19 and under to 70 and over.

10K Run:

- Start Time - 8:05 AM
- USATF Certified Course
- Awards:
 - a. Overall, Masters, & Grand Masters
 - b. Male and FemaleAge Group: First 3 places for 5 year age groups from 14 and under to 75 and over.

Kids ½ Mile Fun Run/Walk:

- Start Time - 9:20 AM
- Non-certified Course
- Ages 12 and under
- Awards:
 - Finisher's Ribbon

General Information

- Post Race Refreshments- Pepsi, pizza, fruit, cookies
- **High performance fabric T-Shirt guaranteed for first 300 entrants**
- Prize Drawings , "Middle Runner" and "Best Morgan County" awards (10K only), 3M Goodies
- Late registration at TC Almon: Friday 4/11 5:30-7PM , Saturday 4/12 Starting at 6:45am
- For safety, bicycles, strollers, headsets, and pets are prohibited on race course
- For information contact: Tim Robinson 256-301-0162



Name (First, Last): _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: _____ Date of Birth: _____ T-Shirt Size: S___ M___ L___ XL___

Email: _____ Phone: _____

Before 04/01/2008: Race: 10K (\$10) ___ 3.5 mile (\$10) ___ Fun Run (\$5) ___

04/01/2008 & After: Race: 10K (\$15) ___ 3.5 mile (\$15) ___ Fun Run (\$10) ___

Checks payable & mail to: River City Runners, PO Box 2343, Decatur, AL 35602

I certify that I have decided to participate in the 10K, 3.5 mile, and/or the ½ mile Fun Run/Walk with the full knowledge that being physically fit and sufficiently trained is necessary to prevent injury to myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against River City Runners, Inc., 3M, River City Run and their employees, agents, or representatives, arising out of my participation in either the 10K, 3.5 mile, or ½ mile Fun Run/Walk.

Signature: _____ Date: _____

(Parent or guardian should sign if entrant is younger than 18 yrs old)

Presented by 3M and the River City Runners
www.RiverCityRunners.org eric@rivercityrunners.org