

# 3M River City Run 2009

Benefiting the American Red Cross Morgan-Lawrence Chapter

## 10K and ½ mile Fun Run/Walk

Saturday, April 11, 2009

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

### 10K Run:

- Start Time - 8:00 AM
- USATF Certified Course
- 2009 RRCA Alabama 10K Championship
- Chip Timing
- Cash Awards
- Awards:
  - a. Overall, Masters, & Grand Masters
  - b. Male and Female
  - c. Age Groups: First 3 places for 5 year age groups from 14 and under to 75 and over.



### Kids ½ Mile Fun Run/Walk:

- Start Time - 9:15 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, 3M Goodie Bags
- Late registration at TC Almon: Friday, April 10: 5:30-7PM, Saturday, April 11: Starting at 6:45am
- For safety, bicycles, strollers, headsets, and pets are prohibited on race course
- For information contact: Tammy Burks @ American Red Cross (256) 353-4891



Name (First, Last): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ T-Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Before April 1, 2009: Race: 10K (\$15) \_\_\_\_\_ Fun Run (\$5) \_\_\_\_\_

After April 1, 2009: Race: 10K (\$20) \_\_\_\_\_ Fun Run (\$10) \_\_\_\_\_

**Checks payable & mail to: American Red Cross Morgan/Lawrence Chapter, P.O. Box 297 Decatur, AL 35602**

I certify that I have decided to participate in the 10K, 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, American Red Cross Morgan/Lawrence Chapter, River City Run and their employees, agents, or representatives, arising out of my participation in either the 10K, or ½ mile Fun Run/Walk.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Presented by: 3M, The River City Runners and American Red Cross Morgan-Lawrence Chapter

[www.RiverCityRunners.org](http://www.RiverCityRunners.org)

[www.rivercityrun.com](http://www.rivercityrun.com)

[eric@rivercityrunners.org](mailto:eric@rivercityrunners.org)

[tburks@morglawredcross.org](mailto:tburks@morglawredcross.org)