

# 3M River City Run 2010

Benefiting the American Red Cross Morgan-Lawrence Chapter

## 10K, 5K, and ½ mile Fun Run/Walk

Saturday, April 10, 2010

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

### 10K Run:

- Start Time - 8:00 AM
- USATF Certified Course
- 10K is now in its 4<sup>th</sup> Decade!
- 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.

### 5K Run/Walk:

- Start Time - 8:00 AM
- Chip Timing
- USATF Certified Course
- Awards:
  - a) Overall only
  - b) No Age Group Awards
- Perfect for Walkers

### 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, water, pizza, fruit, cookies
- High performance fabric T-Shirt for first 350 10K and 5K entrants. Cotton shirts for fun run.
- Prize Drawings, "Middle Runner" and "Best Morgan County" awards, 3M Goodie Bags
- Late registration at TC Almon: Friday, April 9: 5:30-7PM, Saturday, April 10: Starting at 6:45am
- For safety, bicycles, strollers, headsets, and pets are prohibited on race course
- For more information contact: Tammy Burks @ American Red Cross (256) 353-4891



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

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

Date of Birth: \_\_\_\_\_ T-Shirt Size (Circle): Y-S Y-M Y-L S M L XL XXL

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Before April 1, 2010: Race: 10K (\$15) \_\_\_\_\_ Race: 5K (\$15) \_\_\_\_\_ Fun Run (\$7) \_\_\_\_\_

After April 1, 2010: Race: 10K (\$20) \_\_\_\_\_ Race: 5K (\$20) \_\_\_\_\_ Fun Run (\$10) \_\_\_\_\_

- **Help the Red Cross through an Individual Sponsorship by logging on to [www.morglawredcross.org](http://www.morglawredcross.org) and go to 2010 River City Run to have your individual sponsors donate in your name.**

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, 5K, 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, 5K 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.rivercityrun.com](http://www.rivercityrun.com) [tburks@morglawredcross.org](mailto:tburks@morglawredcross.org) [www.morglawredcross.org](http://www.morglawredcross.org)