

**The Rotary Club of Decatur, The River City Runners and
The Decatur Park and Recreation Department**

Present the

Spirit of America Rotary Run 2010

5 Mile and 1 Mile fun Run/Walk

Saturday June 26, 2010

Point Mallard Park, Decatur, Al

5 Mile Information

- Start on soccer field grass, moves to pavement and finishes the last 2.7 miles on the shaded Point Mallard running path, which winds along the Tennessee River. Note: Course is not certified
- Age and gender adjusted start! To level the playing field and give everyone equal chance to win, you will start in a wave based on your age and gender. Handicaps within a gender based on the 2006 WMA (World Masters Association) age grade tables. The male and female differential of five minutes is based on the 2009 Spirit run.
- Start time – 7:00 a.m. for 1st group and groups following every minute until 7:30 a.m. See table at right.
- Results will be published on the River City runners website in finishing order and then also by actual running time. Chip timing will be used.
- Runners will be asked to stay to the right and run single file on the trail to aid in passing.
- Pre-registration by mail - \$10 until 6/17, \$15 thereafter
- Race Day registration fee - \$20
(starts at 6 a.m.)
- Awards:
 - Top 15 finishers of each gender receive awards at finish line
 - Top 3 male and female based on actual running time will receive awards
 - Door prizes

START	MALE	FEMALE
7:00 AM	89+	79+
7:01 AM	88	78
7:02 AM		77
7:03 AM	87	76
7:04 AM		75
7:05 AM	86	74
7:06 AM		73
7:07 AM	85	72
7:08 AM	84	71
7:09 AM		69-70
7:10 AM	83	68
7:11 AM	82	67
7:12 AM	81	65-66
7:13 AM	80	5& Under, 64
7:14 AM	79	62-63
7:15 AM	78	6, 60-61
7:16 AM	5& Under, 77	58-59
7:17 AM	76	7, 57
7:18 AM	6, 74-75	8, 55-56
7:19 AM	72-73	9, 53-54
7:20 AM	7, 70-71	10, 50-52
7:21 AM	67-69	11, 48-49
7:22 AM	8, 64-66	12, 46-47
7:23 AM	9, 61-63	13-14, 42- 45
7:24 AM	10, 57-60	15-17, 37- 41
7:25 AM	11, 53-56	18-36
7:26 AM	12, 49-52	
7:27 AM	13-14, 45-48	
7:28 AM	15-16, 40-44	
7:29 AM	17-19, 35-39	
7:30 AM	20-34	

1-mile Fun Run/Walk Information:

- Race will start upon conclusion of 5-mile race. (No earlier than 8:30a.m.)
- 100% grass course
- No fee although you must register and get a race number to participate.
- Event will be timed and results published on www.rivercityrunners.org

General Information

- Post Race Refreshments – Pepsi, Gatorade, cookies, etc...
- **T-Shirt guaranteed for first 200 registrants. Pre-register to guarantee size.**
- For safety, bicycles, strollers and pets are prohibited from the racecourse.
- For more information contact: Ed Nichols (ecnichols@me.com) or www.rivercityrunners.org

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Entry Form

Name: _____ Age (on 6/26/10): _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: _____ Date of Birth: _____ T-Shirt Size S ___ M ___ L ___ XL ___ XXL ___

Email _____ Phone : _____

Race 5 mile (\$10 by 6/16) _____ Fun Run (FREE) _____ Fee enclosed \$ _____
(\$15 6/17-6/25)
(\$20 Race day)

Checks payable to: Rotary

MAIL TO: Rotary Club of Decatur PO Box 222, Decatur, AL. 35602-0222

I certify that I have decided to participate in the 5 mile and/or the 1 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 Decatur Rotary Club, River City Runners, Inc., Decatur Park and Recreation Department, Spirit of America Run, and their employees, agents, or representatives, arising out of my participation in either the 5 or 1 mile Fun Run/Walk. I acknowledge that the trail surface may be uneven and contain exposed roots.

Signature: _____ Date: _____

(Parent or guardian should sign if runner is under 18 years old)

