

3M River City Run 2011

Benefiting the American Red Cross Morgan-Lawrence Chapter

10K, 5K, and 1/2 mile "Kids" Fun Run/Walk Saturday, April 9, 2011

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 3RD 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 1/2 Mile Fun Run/Walk:

- Start Time - 9:30 AM
- Non-certified Course
- Ages 12 and under
- Awards:
 - 1st Male & Female and Finisher's Ribbon

General Information

- Post Race Refreshments- Pepsi, water, pizza, fruit, cookies
- High performance fabric T-Shirt for first 400 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 8: 5:30-7PM, Saturday, April 9: Starting at 6:30am
- 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 YXL S M L XL XXL

Male: _____ Female: _____ Email: _____ Phone: _____

Before April 1, 2011: Race: 10K (\$15) _____ Race: 5K (\$15) _____ Fun Run (\$7) _____

After April 1, 2011: Race: 10K (\$20) _____ Race: 5K (\$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, 5K and/or the 1/2 mile "Kids" Fun Run/Walk with the full knowledge that being physically fit and sufficiently trained is necessary to prevent injury to myself. I and my heirs, devisees, executors, administrators and assigns hereby release, remise, waive, and forever discharge any and all claims against River City Runners, Inc., 3M Company, American Red Cross, American Red Cross Morgan/Lawrence Chapter, River City Run, Point Mallard Park, City of Decatur and their employees, agents, or representatives, arising out of my participation in either the 10K, 5K or 1/2 mile "Kids" Fun Run/Walk. I also agree that if the event is canceled for any reason that the entry fees are non-refundable.

signature: _____ Date: _____

(Entry form must be signed/dated by Parent/Guardian if under age 18)

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

www.rivercityrun.com

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