

3M RIVER CITY RUN 2017 REGISTRATION

First Name _____

Last Name _____

Address _____

City _____ State _____ Zip _____

Gender _____ DOB ____/____/____ Age _____

Phone _____

Email _____

- Before 3/26 (\$20): 10K ___ 5K ___
- After 3/25 (\$25): 10K ___ 5K ___
- Both: Pre 3/26 (\$25) ___ After 3/25 (\$30): ___
- **Race Day- 10K or 5K \$30; Both races \$40**
- 1 Mile Fun Run: Before 3/26 (\$7) ___
After 3/25 & race day (\$10): ___
- ½ Mile Fun Run (12 and Under):
Before 3/26 (\$7) ___
After 3/25 & race day (\$10) ___

Challenge School _____

- Adult Shirt (Circle): S M L XL XXL
- Youth Shirt (Circle): YS YM YL YXL

Required Race Waiver

I certify that I have decided to participate in the 10K, 5K, 1 mile or ½ mile "Kids" Fun Run 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 No. AL District, 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, 1 Mile or ½ Mile "Kids" Fun Run. I also agree that if the event is canceled for any reason that the entry fees are non-refundable.

Signed _____ Date _____

Form must be signed/dated by Parent/Guardian if under 18

Mail registration fee and form
(postmarked March 28th) to:

RCR c/o Jon Elmore
3428 Tanglewood Dr SW
Decatur, AL 35603

Check made out to:

River City Runners

Register online at active.com

Youth runners in K through 6th grades can take part in the School Challenge where you try and get the most runners from your school to run the 1 mile or ½ mile fun runs. The school with the most runners wins a traveling trophy to display at their school for the next year.

Packet Pickup and Late Registration

T.C. Almon Building, Point Mallard Park

Friday, March 31st : 5:30 – 7:00 p.m.

Saturday, April 1st : 6:30 – 8:00 a.m.

5K late registration ends at 7:15 a.m.

10K late registration ends at 8:00 a.m.

Fun Run late registration ends at 8:00am

For more information, contact: Jon Elmore

256-476-3517 or jkla5@att.net

Special Thanks to our Title Sponsor:



And all our other generous sponsors



3M RIVER CITY RUN

Benefitting



American Red Cross

Morgan-Lawrence Chapter

Saturday, April 1, 2017

5K- 7:30am

10K- 8:15am

**1 mile & ½ mile Fun Runs
(run concurrently)- 8:30am**

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

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**\$1200 PRIZE MONEY
For 10K RACE**

Register online at active.com



A River City Runners Club event
www.rivercityrunners.org

RACE INFORMATION

For over three decades, the 3M River City Run has been one of North Alabama’s most anticipated Spring RRCA runs. The 3M River City Run is for everybody. The progressive runners can participate in the 10K, while special emphasis is placed on everyone joining in the fun by entering the 5K event, and beginning & younger runners in the One mile and 1/2 mile “Kids” Fun Run. The 10K and 5K courses are flat and fast. The first four miles of the 10K are run through quiet residential streets. The finish of the 10K and the entire 5K is run on the golf course perimeter road which runs along the beautiful Tennessee River. The 5K course is an out-and-back and the 10K is a loop.

If you can run a sub 45 minute 5K you can also run the 10K race. Special award for fastest “DOUBLE”.

10K Run

Registration Fees: Before March 26 - \$20;
March 26 – March 31 - \$25; Race day \$30

Start Time: 8:15 a.m.

USATF Certified Course, Chip Timing, Awards presented to: Top 3 Male & Female, 1st Masters and 1st Grand Masters; Male and Female; 5 year Age Groups. **Fleet Feet** Gift Cards to age group winners Prize money- top 3: \$250, \$150, \$100. Masters and Grandmasters: \$50

5K Run

Registration Fees: Before March 26 - \$20;
March 26 – March 31 - \$25; Race day \$30

Start Time: 7:30 a.m.

USATF Certified Course, Chip Timing, Awards presented to: Overall, Masters and Grand Masters; Male and Female; 5 year Age Groups. **Fleet Feet** Cards to age group winners.

One Mile & ½ Mile “Kids” Fun Run

Registration Fees: Before March 26 - \$7;
March 26 – April 1- \$10

Start Time: 8:30 a.m.

Non-certified Course; Awards presented to 1st male and female in 1 mile and 1st boy and girl (12 and under) in ½ mile; All runners age 12 and under receive Finisher’s Ribbons.

School Challenge info on other side.

Registration Information

Register online at active.com or mail fees and form to: RCR c/o Jon Elmore, 3428 Tanglewood Dr SW, Decatur AL 35603
Postmarked by March 28th

T-Shirt and Award information

High performance fabric T-shirts will be given to the first 300 (10K and 5K) entrants. Cotton shirts will be given to Fun Run participants. Register early to guarantee shirt size.

Awards Ceremony at 9:30 a.m. inside T.C Almon Rec Center.