

Labor Day Run 5K Awards

Overall Male & Female

1st, 2nd, 3rd

Masters (Male & Female)

1st (40+)

Grand Masters (Male & Female)

1st (50+)

Senior Masters (Male & Female)

1st (60+)

Age Divisions (Male & Female)

1st, 2nd, 3rd

14 & Under	30-34	50-54
15-19	35-39	55-59
20-24	40-44	60-64
25-29	45-49	65-69
		70+

Clydesdale (Male 200+ Pounds)

Athena (Female 150+ Pounds)

1st Overall

Labor Day Run 1 Mile Awards

Overall Male & Female

1st

Age Divisions (Male & Female)

1st

0-4, 5-9, 10-14, 15-19, 20+

R3 salutes first-year Labor Day Run sponsor Cucos Mexican Café & owner Oscar Franco. Visit both Cucos in Montgomery. For more information: www.cucosofmontgomery.com.



RIVER REGION RUNNERS (R3)

**P.O. BOX 6350
MONTGOMERY, AL 36106**

Return Service Requested

**Cucos Mexican Café
River Region Runners (R3)
28th Annual 5K/1 Mile
Labor Day Run**



**Monday, September 6, 2010
7:30 a.m., Union Station
Downtown Montgomery
300 Water Street**



EVENT INFORMATION

The 5K/1 Mile Labor Day Run is the annual signature event of the River Region Runners (R3). Union Station is the setting for the start and finish of each race, as well as food, drinks, awards presentations and prize drawings. The 5K Run course is challenging, combining Montgomery historical sites with beautiful scenery.

Reminders: All event participants must be paid registrants with bib number attached to front of shirt with safety pins through the four small holes. Please do not detach bottom tab prior to race; continue moving after crossing the finish line; and do not pass in the finish chute.

Safety: In order to provide all event participants the ultimate safe running experience R3 discourages, and will not allow, the following:

HEADSETS

CHILD STROLLERS

BICYCLES

ROLLER BLADES

PETS

R3 appreciates your participation in the 2010 5K/1 Mile Labor Day Run! If not already a club member, we hope you'll consider joining. Visit the R3 website for club information:
www.montgomeryrunners.org.

REGISTRATION INFORMATION

Labor Day registration may be made by mail or www.active.com.
Entry fees are non-refundable

Entry Fees and Deadlines:

\$10-R3 Active Members

received by August 30

\$15-Non Members

received by August 30

\$18-R3 Members & Non Members

received AFTER August 30

\$25-Day of Race

Families of three or more, with children 14 and under, mailing entries in ONE envelope, may pay \$10 per runner

received by August 30 ONLY

T-Shirts:

T-Shirts are guaranteed only to the first 150 pre-registered participants. \$5 may be deducted from the entry fee by participants who do not want a T-Shirt.

Day of Race Times:

Registration & Packet Pickup

6:00 a.m.-7:15 a.m.

5K Start-7:30 a.m.

1 Mile Start-8:30 a.m.

Labor Day Run Questions?

Contact Pete Preston,

RiverRegionRunners@yahoo.com

(334) 595-9786

Make out check and mail with form to:
River Region Runners (R3)
P.O. Box 6350
Montgomery, AL 36106

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DATE OF BIRTH & RACE DAY AGE: _____

MALE/FEMALE (Circle One)
(Check Race) 5K__ 1 MILE__
Clydesdale__ Athena__

T-Shirt Size (Circle One):

Small Medium Large Extra-Large
No T-Shirt?__ (Deduct \$5)

Release/Hold Harmless Agreement

I, the undersigned acknowledge that injuries or loss can result from participation in the race.

I, therefore, assume all risk of injury, loss of life and property, arising out of participation in this event. I release The River Region Runners R³, Cucos Mexican Café, other sponsors, and any agents, or employees of the aforesaid organizations, and any other group of persons involved in this event from all liability as to any right of action that may accrue to me, my heirs or representatives, for any such injuries or loss, that I may suffer while participating in this event. I consider myself physically fit to participate in this run.

Signature _____

(parent if under 18 years old)

Date _____