

RACE TIMES

5-K Race 8:00 A.M.
1-Mile Fun Run 9:00 A.M.

RACE LOCATION

Races begin and end at Shoals Christian School:
301 Heathrow Drive Florence, AL 35633

Directions: Going West on Hwy 43/72—
Turn right on Cox Creek Pkwy for 3.9 miles
Turn right on Cloverdale Road
Turn left at first traffic light (Heathrow Dr.)
End at Shoals Christian School on the right

REGISTRATION

Registration Begins at 6:30 A.M.
(Pre-Registration must be postmarked by September
23, 2009; Checks payable to: SCS)

5-K Pre-Registration	\$12
5-K Race Day Registration	\$15
Fun Run Pre-Registration	\$8
Fun Run Race Day Registration	\$10
5-K Pre-Reg. of Group of 10 or more	\$10
Fun Run Pre-Reg. of Group of 10 or more	\$5

THE COURSE

The course consists of a large and small loop;
moderately rolling; starting and ending at Shoals
Christian School. Course maps are available at
www.shoalschristian.org, www.shoalstrac.com, and
provided on race day. Course Certification numbers:
5-K: AL07019JD; 1-Mile: AL07020JD

AWARDS

Screen printed T-Shirts to all paid runners.
Pre-registered runners are guaranteed shirts on race
day. Race day registrants receive shirts based on
availability. Any runner who does not receive a shirt
on race day may pick up a shirt at Shoals Christian
School at a later date.

5-K Trophies - Overall Male and Female
Overall Masters Male and Female
1st, 2nd and 3rd Place Age Group Winners
First Place-Male and Female Alumni

5-K Age Groups

<u>Men</u>	<u>Women</u>
0-14	0-14
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65-69
70 & Over	70 & Over

1-Mile

Trophy for overall Male and Female Winner.
1st, 2nd and 3rd Place Medals to Male and Female
Winners in the following age groups: 6 and under; 7-
9; 10-13. Ribbons awarded to all Fun Run
Participants.

For additional information, contact:

Eddie Buckley (256)767-7680 or

David Bowling (256)335-9399

www.shoalschristian.org

ebuckley@certified-alarms.com

dmbowling@chgroup.org

3rd ANNUAL Shoals Christian School

5-K RACE

1-Mile Race and Fun Run
September 26, 2009



**3rd ANNUAL SHOALS CHRISTIAN SCHOOL
5K RACE & 1-MILE FUN RUN
September 26, 2009
Race Registration**



Name: _____

Address: _____

Phone: _____

Age: _____
Date of Birth: _____

Division		Shirt Size	
<input type="checkbox"/>	Male	<input type="checkbox"/>	X-Large
<input type="checkbox"/>	Female	<input type="checkbox"/>	Large
		<input type="checkbox"/>	Medium
		<input type="checkbox"/>	Small
		<input type="checkbox"/>	Children's Medium

Event (Check One)

<input type="checkbox"/>	5K Race	<input type="checkbox"/>	1 Mile Fun Run
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RACE PARTICIPANT WAIVER

I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run in such activities unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in this race including, but not limited to, falls, contact with other participants, the effects of the weather, including cold temperatures, or high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my registration or assistance, I for myself and anyone entitled to act on my behalf, waive and release Tennessee River Athletic Club, Shoals Christian School, Christ Chapel Church and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____
(Parent's Signature if under 19 years)

Date _____

BIB NUMBER

Return completed application and entry fee to:
Shoals Christian School
Attn: 5K
301 Heathrow Drive
Florence, AL 35633
Phone: (256)767-7070