

ATLANTA WOMEN'S 5K

5K Run and Walk | Saturday, March 22, 2008, 8:00 a.m., Candler Park, Atlanta, Georgia

Distance: 5K (3.1 Miles)

The Course: The Atlanta Women's 5K is a run/walk for women and girls of all abilities and ages. It takes place on a lovely course in and around historic Candler Park.

Registration:

Date	Online	Mailed and Postmarked by	In-Store
Till 3/14 midnight	\$20	\$22	N/A
3/15-3/17	\$25	N/A	N/A
3/18-3/21 noon	N/A	N/A	\$25

Register online at www.atlantatrackclub.org.

In-Store Registration: \$25.00 in person at NikeStore, Lenox Square Mall (second floor, main entrance wing) from Tues., March 18 through noon, Fri., March 21; 10 a.m. – 9 p.m. except Friday (10 a.m. – Noon). In-store registration will close if the 1,000 limit is reached prior to March 21.

THERE IS NO RACE DAY REGISTRATION

For safety of all, no pets or baby strollers/ joggers are allowed on the run course.

Send your completed registration, along with your check or money order, to:

Atlanta Women's 5K - Atlanta Track Club
P.O. Box 12109
Atlanta, GA 30355

Number Pickup: From Tuesday, March 18 through noon Friday, March 21; 10 a.m. – 9 p.m. except Friday (10 a.m. – Noon) at NikeStore, Lenox Square Mall (second floor, main entrance wing). There will be a special drawing for a \$100 gift certificate for those picking up numbers or late registrants at NikeStore. Number pickup also available on race day at Candler Park at the start area between 6:30 a.m. and 7:30 a.m.

To Get There: Take I-75/85 connector to Exit #249D (North Ave.). Go east on North Ave. approximately 3.3 miles. North Ave. dead-ends into Candler Dr. Follow ATC race signs to parking.

Team Divisions: Teams of up to five can compete in one of four divisions—**Open Women** (under age 40); **Masters Women** (40+); **Mother-Daughter**; and **Sister-Sister**. Winners of Mother-Daughter and Sister-Sister divisions determined by the top two on each team. The winning Mother-Daughter team will be awarded the Laura Murphy Trophy. **Team names and members must be declared on race day by 7:30 a.m.** Runners may enter only one team competition.

Awards: Each entrant will receive an Atlanta Women's 5K Nike Tee on race day. In addition, each finisher will receive a flower. NikeStore gift certificates will be given to the overall individual Open and Masters champions; top 3 Open teams; top 2 Masters teams; top Mother-Daughter team; and top Sister-Sister team.

NikeStore gift certificates will also be given to the top 3 finishers in the following age groups — 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+.

Questions? Call: 404-231-9064
Email: atc@atlantatrackclub.org.

The Atlanta Track Club and Kaiser Permanente believe in the importance of an active lifestyle in staying healthy. Running and walking provide many health benefits including lower blood pressure, muscle toning and weight loss. Thank you for participating in the Atlanta Women's 5K.
Here's to your health!

May you live long and thrive.

DIRECTED BY



WE APPRECIATE THE SUPPORT OF THE CANDLER PARK CIVIC ASSOCIATION

PRESENTING SPONSOR



MAJOR SPONSOR



RETURN TO: Atlanta Track Club, P.O. Box 12109, Atlanta, GA, 30355 • The race is limited to 1,000 entries.

Last Name												First Name												M.I.	
Address (Number and Street)																									
C/O; Apt. #; P.O. Box; Route No.												City													
State			U. S. Zip Code						Area Code			Daytime Phone						Age on 3/22/08		T-shirt size S, M, L, XL					
Email																									

Waiver: Entry must be signed and dated below Release form: I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the 2008 Atlanta Women's 5K including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand and will abide by the rule that no wheeled baby conveyances or other wheeled means of conveyance, or pets are permitted in the race. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Atlanta Track Club, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official race director reserves the right in any event of emergency or local or national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

Date Signature

Parent's signature if entrant under 18 yrs. (in addition to child's signature)