"Running Bucs" 5K Challenge & 1 Mile Dash

Saturday - February 23, 2013

These races are being held at Allatoona High School. The 5K race will be run on the school campus, trails and track. The 1 Mile Dash will be run on the school campus and track. Proceeds will go to support the Allatoona Cross-Country & Track programs.

THE RACES

5K will begin at 9:30AM in the bus parking area behind the school and finish on the track. Running this race is great preparation for Trail Racers, Tough Mudders and Warrior Dashers. The course is challenging over multiple terrains with a great finish in the stadium.

1 mile will begin at 10:30AM near the stadium and will finish on a fast downhill behind the school and on the track. This will be a competitive race and not a fun run.

REGISTRATION

Please make checks payable to: **Allatoona XC & Track Booster Club** and mail the application with the check to Attn: Coach Dave Ravenscraft, c/o Running Bucs 5K Challenge & 1Mile Dash, 3300 Dallas-Acworth Hwy, Acworth, GA 30101. Deadline is February 22, 2013. For additional information or applications, contact via email: david.ravenscraft@cobbk12.org or download registration forms from our Track & Field website at www.AHSBucs.com/trackandfield. Payment amount: $18 for 5K and $15 for the 1 mile or both races for $25. Late registration will be available the morning of the race, but T-shirts are not guaranteed. (Registration via Active.com should be available soon!)

AWARDS

All participants will receive a Running Bucs 5K Challenge & 1 Mile Dash T-shirt. The 5K medal awards will be presented to the top 3male/female individuals in the overall race and the top 3male/female finishers in each age group. The 1 mile medal awards will be presented to the top 10 male/female overall finishers in the race.

CHECK-IN

Race day check-in will be from 7:30 to 9:00AM in the bus parking area behind the school next to starting line.

FIRST AID AND SAFETY

Water will be available before and after the race for participants. There will be a certified athletic trainer on campus at the race in case the need for first aid arises.

PARKING

Parking will be available on the cafeteria side (right) and in front of Allatoona High School. No parking will be available on the stadium side of school due to route of race course.

PHANTOM RACER

If you cannot be present on race day, but would like to support Allatoona Cross Country and receive a race T-shirt, become a Phantom Racer. You will not be registered as a runner but you will be mailed a T-shirt following the event. The Phantom racer fee is $18.

REFUND POLICY

No refunds; event will be run **rain or shine**.

Running Bucs 5K Challenge & 1 Mile Dash

Allatoona High School
3300 Dallas-Acworth Hwy
Acworth, GA 30101
February 23, 2013

LAST NAME_____ **FIRST NAME**_____

Email address _____

Gender: Male _____ **Female** _____

Please check appropriate range below:
9 & under_____ **10-14**____ **15-19**____ **20-24**____ **25-29**____

30-34____**35-39**____ **40-44**____ **45-49**____ **50-54**____ **55-59**____

60-64____ **65-69**___ **70+**____

Age on Race Day: _____ **Birthdate: (mm/dd/yy):** _____/_____/_____

Address:_____

City:_____**State:**_____**Zip Code:**_____

Daytime Phone:_____**Cell Phone:**_____

PAYMENT INFORMATION: (checks and cash only)
Please make checks payable to Allatoona XC & Track Booster Club

_____ **$18 – 5k**
_____ **$18 – Phantom Racer ($15*)**
_____ **$15 – 1 Mile Race ($10*)**
_____ **$25 – Both Races ($20*)**
***AHS Student Pricing**

T-shirt size: YM____ **YL**____ **Adult(S)**____ **Adult(M)**____

Adult(L)____ **Adult(XL)**____

WAIVER: I know that running a road race is potentially hazardous. I should not enter and run in this event unless I am medically able and properly trained. I also know that, although vehicles are not normally allowed along the racecourse, there may be traffic on the course. I assume the risk of running in traffic. I agree to abide by any decisions of a race official relative to my ability to complete the run safely. I assume all risks associated with running this event including, but not limited to, falls, collisions, with vehicles, bicycles and pedestrians, contact with other participants, dog attacks, the effects of weather, and the condition of the roads all such risks being known and appreciated by me. I agree not to bring a pet, use roller blades, push a stroller, ride a scooter, or bikes and that no exceptions to this rule will be made. I attest that I am physically fit and sufficiently trained to participate in this run. Having read this waiver and knowing these risks and in consideration for the acceptance of my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive, release and forever discharge Allatoona High School, all race management personnel, and other individuals and groups involved in this event, known and unknown. I also grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. Any runner responsible for causing a hazardous condition will be disqualified. The official race director reserves the right, in the 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, in the event of cancellation or change, there will be no refund of entry fees. DISCLAIMER: In the interest of safety, the race directors reserve the right to withdraw from the race any runner who, for whatever reason, appears to be experiencing difficulty in finishing.

Signature of Participant:_____ **Date:**_____
(Signature of parent or guardian if participant is under 18 years old)