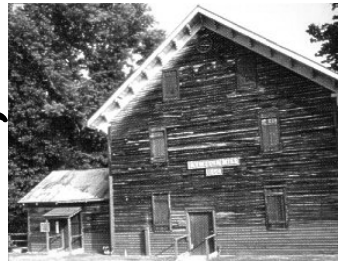
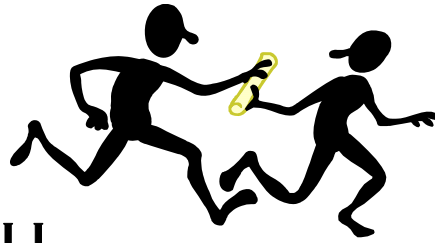


# COOSA FEST RACE TO SAVE THE GRIST MILL



## Race to Save the Grist Mill 8K Run/Walk

### The Event

Date: Saturday, September 25, 2010 (rain or shine)

Time: Check-in 7:00-8:00am, 8K Run/Walk begins at 8:30am

Location: R.S. Limbaugh Community Center in Childersburg, AL

Course: 8K (5.2 miles) from Community Center to Grist Mill with water stations located at 2 and 4 mile markers.

Results: Posted after race in downtown area near the stage.

Contact Us: For more information, call the Childersburg Chamber of Commerce at (256) 378-5482.

### Race Rules

Runners are not allowed to push strollers. Walkers may push strollers, but are required to start at the back of the pack. NO ANIMALS are allowed on the course at any time. During the race all participants must wear the race number provided in their packet. Awards will be given after the race in each specified category. *Also, a signed waiver must be received for each participant.*

### Registration

Cost: Entry fee is \$20 on or before September 17<sup>th</sup>; \$25 after September 17<sup>th</sup>. Packet s with race number will be picked up at R.S. Limbaugh Community Center the morning of the race.

### Pre-Registration

Each paid pre-registered participant will receive an 8K run/walk T-shirt. Please print out the attached form and mail with a check for the appropriate amount to the address on the form. We also provide the option to Email your form to the Childersburg Chamber of Commerce and use Pay-pal to pay your entry fee. We will have you sign a waiver the day of the race.

### Race Day Registration

Participants are encouraged to pre-register. However, no one will be turned away on race day!!! You may register on September 25<sup>th</sup> beginning at 7:00am, but T-shirts cannot be guaranteed.

### T-shirts

All pre-registered participants will receive an official 8K run/walk T-shirt. You may elect not to receive a T-shirt and instead donate the cost of the shirt to the Grist Mill Project. Please mark this intention on your registration form.

### Food and Drinks

Post race snacks will be provided for all runners at the Grist Mill.

### Transportation

Transportation will be provided from the Grist Mill back to the Recreation Department. However, if you are walking with a friend, you may want to park a car at the Grist Mill or have someone pick you up.

### Awards

There will be an award given to the overall male and female runner and then the top runner in each of the following groups: 12 & under / 13-19 / 20-30 / 30-40 / 40-50 / 50-60 / 65 & Over.

### Door Prizes



Each participant will be eligible for door prizes. Door prizes will be awarded at the Grist Mill following the race.



# COOSA FEST RACE TO SAVE THE GRIST MILL

## First Annual Race to Save the Grist Mill – September 25, 2010

**Please Print**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age (required) \_\_\_\_\_ Telephone # \_\_\_\_\_ Cell# \_\_\_\_\_

Email \_\_\_\_\_

Gender: \_\_\_\_\_ Male \_\_\_\_\_ Female

Category: \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_ Donation (no entry)

Please indicate shirt size needed

Child: S \_\_\_ M \_\_\_ L \_\_\_ Adult: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ (Add \$1.50)

\_\_\_\_\_ No shirt: I donate the cost of the shirt to the project.

Individual Entry: (Before September 17, 2010) - \$20.00 \$ \_\_\_\_\_

Individual Entry: (After September 17, 2010) - \$25.00 \$ \_\_\_\_\_

Donation (no entry) \$ \_\_\_\_\_

Add \$1.50 for each XXL Shirt \$ \_\_\_\_\_

**Total Amount Due (No Refunds)** \$ \_\_\_\_\_

Please complete the following:

**Waiver Statement** (must be signed to participate)

As an entrant in the Coosa Fest Race to Save the Grist Mill, I assume complete responsibility for injury to me or damage to property which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless the sponsor, promoters, and all other persons associated with the event from any and all liability for injury or damage, whether caused by negligence of the sponsors, promoter or other persons associated with this event or otherwise.

X \_\_\_\_\_ Date \_\_\_\_\_

Mail or Email completed form to:

Coosa Fest Race to Save the Grist Mill

Childersburg Chamber of Commerce, P.O. Box 527, Childersburg, AL 35044 or

Email Address: pbstorey@childersburg.com



