

2010 Woodstock 5K Entry Form

How to Register 1 Register at Active.com 2 Go to www.woodstock5k.com, print out an entry form, and mail it in. 3 Fill out the entry form below and mail it in.

WOODSTOCK/KIDSTOCK INDIVIDUAL ENTRY FORM Each runner must submit an individual form. Don't forget to mark your shirt size.

Name _____
 Date of Birth _____ Age (on 8/7/10) _____ [] Male [] Female
 Address _____
 City _____ State _____ Zip _____
 Cell# _____ Home# _____ Emergency Contact/Phone _____
 Email (Please print.) _____

RACE SHIRTS: Woodstock/Kidstock race shirts are light, dry-wicking, technical shirts emblazoned with our unique design. (Women's shirts are fitted and will run smaller than normal. For example, if a small normally fits you pretty snug, you may want to size up.) We are ordering a limited number of shirts, so be sure and register early to increase your chance of getting your desired size. We will not be reordering shirts this year after the event.

MARK SHIRT SIZE: Please check the desired size.

Kid's Sizes: YS YM YL XS S M LG XL
 Women's Sizes: S M LG XL
 Men's Sizes: S M LG XL 2XL

WOODSTOCK 5K: Please mark only one division. Register Early. Race Limit is: 1,100

- Open/Individual Division: This means you will be eligible for Overall, Age-Group, and Team Challenge Awards.
- ATHENA Division (150+ pounds): This means you will compete against other women over 150+ pounds and will be eligible for Athena Awards. You will still be eligible for Overall Awards and Team Challenge Awards, but not Age-Group Awards.
- CLYDESDALE Division (200+ pounds): This means you will compete against other men over 200+ pounds and will be eligible for Clydesdale Awards. You will still be eligible for Overall Awards and Team Challenge, but not Age-Group Awards.

COST: Before July 15, entry fee is \$25 (\$20 for Anniston Runners Club Members)
After July 15, entry fee increases to \$30 for ALL entrants. \$ _____

TEAM CHALLENGE: TEAMS MUST REGISTER BY SAT. JULY 31! (Only Woodstock 5K participants)
 I am on a team. (NO EXTRA FEE FOR TEAMS.) \$ 0

TEAM CHALLENGE FORM and ALL Team Members' Individual Entry Forms and entry fees must be turned in at the same time!
(You will still be eligible for Overall, Age-Group, and Clydesdale/Athena Awards.)

Name of Team _____

KID'S CORRAL: I will bring ___# of kids to the Kid's Corral by 7:15 on race morning. Please list names below:

KIDSTOCK 1 MILE RUN/WALK: Register Early. Race Limit is: 125

For kids! Runners must be 14 years old or under! No exceptions.

(Parents are welcomed and encouraged to run alongside younger children.)

I am 14 years or younger I want to run or walk the Kidstock 1 Mile. \$ _____

COST: Before July 15, entry fee is \$12 (\$10 for Anniston Runners Club Members)
After July 15, entry fee increases to \$15 for ALL entrants.

PACKET PICKUP PASTA PIGOUT at Classic on Noble: This year, you must make a reservation for dinner. Meal number is limited, so register early.

Once the pasta is gone...it's gone! **Date: Friday, August 6 from 5-7 p.m.**

COST: Classic on Noble's famous food - pasta, salad bread, dessert. \$ _____

I am a registered runner, and I want to come and eat the motherlode of carbo loads. Discounted cost: \$7.00

I have friends and family who would like to eat this great meal, too. Cost is \$12 x ___# of non runners = \$ _____

Make check and mail to: Anniston Runners Club, P.O. Box 2022, Anniston, AL 36202 **TOTAL DUE \$ _____**

WAIVER MUST BE DATED/SIGNED BELOW: I know running is a potentially hazardous activity. I should not enter and run 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 this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and road conditions, 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 entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Anniston, Anniston Runners Club, all sponsors, their representatives and successors from all claims of 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.

SIGNED (Parent/Guardian signature if under 18 years old): _____ Date _____

RACE DIRECTORS: Todd Henderson • ironmantodd@charter.net • 205-492-7063 Brooke Nelson • brookenelson@amcvets.com • 256-239-9001

THE WOODSTOCK 5K IS AN ANNISTON RUNNERS CLUB GRAND PRIX EVENT!

WWW.WOODSTOCK5K.COM

