



# 8th Annual Intown Ten (10K) Road Race

Sunday, March 3rd 2019 9:00 a.m.

The Intown Ten 5K Road Race

8:00 a.m. (1 Hr. before 10K)

Medals for all 10K finishers registered by 2/12/19

**RACE DETAILS:** Don't miss the 8<sup>th</sup> Annual Intown Ten Road Races in the popular Virginia Highland & Morningside neighborhoods. The courses start and end near John Howell Park located at Virginia Avenue NE & Barnett Street NE, Atlanta, 30306. The USATF certified courses are Peachtree Road Race chip timed qualifiers. Race proceeds benefit neighborhood charities including the YWCA of Greater Atlanta. Walkers & strollers welcome but must line up behind runners. We love pets, but please no dogs allowed. **Register early as this race is limited to 1000 & WILL SELL OUT early and there is NO RACE DAY registration.** [intownten.com](http://intownten.com)

LIKE US ON FACEBOOK FOR UPDATES AND TO WIN PRIZES [facebook.com/intownten](https://facebook.com/intownten)

**5K / 10K AGE GROUP AWARDS:** Overall M & F, Masters M & F, Stroller & First Place M & F each age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.

**RACE INFO, SPONSORS & PUBLIC RELATIONS:** INTOWNTEN.COM & Rob Glancy 404-661-8719 [info@intownten.com](mailto:info@intownten.com)

**10K REGISTRATION:** \$43 thru 1/14 \$45 thru 1/31 \$48 through 2/28, \$50 thereafter.

**5K REGISTRATION:** \$35 thru 1/31 \$38 thru 3/1 and \$40 thereafter. Registration closes March 1st / when sold out.

- In store Phidippides, Ansley Mall. Cash or Check ONLY.
- Download form @ [www.rungeorgia.com](http://www.rungeorgia.com) or intownten.com. Mail to: Intown Ten, 2996 Grandview Ave. NE, Ste 305, Atlanta, Georgia 30305. Checks payable to **Intown Ten**. Further race details at intownten.com.

**PACKET & T-SHIRT PICK UP:** Details will be posted at [intownten.com](http://intownten.com) by February 15, 2018 **RAIN OR SHINE I NO REFUNDS. IF RACE IS CANCELLED DUE TO DANGEROUS WEATHER CONDITIONS, THERE IS NO REFUND & NO RESCHEDULED DATE. CITY PERMITS ARE DATE SPECIFIC & APPROVED MONTHS BEFORE RACE DAY. NOTE: THESE PRICES ARE ONLY VALID FOR MAIL IN/IN STORE REGISTRATIONS.**

## ENTRY FORM – 2019 INTOWN TEN (5K & 10K) SUNDAY, MARCH 3rd 2019

(Please print— one form per runner. Rain or shine, no refunds or transfers)

**ADULT 10K \$43** Unisex Premium Long Sleeved T-Shirt (circle): XS      Small    Medium    Large    X-Large

NOTE: \$45 thru 1/31 \$48 thru 2/28 and \$50 thereafter

**ADULT 5K \$35** Unisex Premium Short Sleeved T-Shirt (circle): XS      Small    Medium    Large    X-Large

NOTE: \$35 thru 2/18 \$38 thru 3/1 and \$40 thereafter

**YOUTH 10K \$35** YOUTH Long Sleeved T-Shirt (circle): Small    Medium    Large

**YOUTH 5K \$30** YOUTH Short Sleeved T-Shirt (circle): Small    Medium    Large

**LONG SLEEVED THERMAL UPGRADE: (circle) YES (\$10 additional)      TOTAL ENCLOSED: \_\_\_\_\_**

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ GENDER [ ] M [ ] F

E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_ BIRTHDAY \_\_\_\_\_

**Waiver** I know that running a road race is a potentially hazardous activity. I am in proper physical condition to complete this run/walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and the effects of the weather, including high heat and/or humidity, traffic, conditions of the road, all such risks being known and appreciated by me. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event. Furthermore, I hereby grant the agents of this event permission to use photographs, videotapes, motion pictures, recordings or any other record of me in this event for legitimate purposes. I **UNDERSTAND THAT IF RACE IS CANCELLED DUE TO DANGEROUS WEATHER CONDITIONS OR STATE OF EMERGENCY, THERE IS NO REFUND AND NO RESCHEDULED DATE.**

Signature of participant /Parent or guardian's signature if under 18 years of age

Date