



and
Present the

Spring Chicken Festival 5K

Saturday, April 28, 2012 9:00AM Gainesville, GA

We have a new course for 2012!!! The big hills are gone.

Registration and Packet Pickup begins at 7:30am in the Wild Wing Cafe parking lot at 311 Jesse Jewell Pkwy SW, Gainesville, GA 30501.

Technical short sleeve shirts are guaranteed to all runners who pre-register before 4/15/2012 and as long as supplies last on race day. Awards will be presented to Overall Male/Female, Masters Male/Female, Grand Masters Male/Female and the top 3 in 5 year age groups beginning with 10 and under through 75 and over.

Proceeds from the race support the community running programs of the Lanier Running Club. Programs include a Youth Running Program where runners aged 8 – 18 from Hall and surrounding counties participate in the USATF Track & Field and Cross Country Junior Olympics State, Regional and National meets. Young athletes have participated in the program since 2008 with three individual National Champions and many individual and team podium finishes. The club also provides 5 All Comers Track Meets in the summer as a service to the local running community.

Runners are encouraged to visit the Spring Chicken Festival and the “all you can eat” Chicken Cook-Off after the race. Runners and spectators can purchase tickets for the Chicken Cook-Off for \$5.00 per person at the race registration table or \$10.00 per person at the Festival.

Pre-registration fees are \$20.00 (\$15.00 No Shirt Option) until 4/15/2012. After 4/15/2012 and on race day the entry fee is \$25.00 (\$20.00 No Shirt Option). Register on line at www.active.com. To register by mail, make out check to “Lanier Running Club” and mail to:

**Lanier Running Club
PO Box 13
Gainesville, GA 30501**

For more information contact Mike Lunsford at 770-533-1128 or mikeat4833ssd@att.net.

----- one entry per form -----

Name: _____ Age on 4/28/12: _____ DOB: _____

Address _____ Gender: M F

City: _____ State: _____ Zip: _____

No Shirt Option: Y N Amount Enclosed: _____

Shirt Size: S M L XL XXL E-Mail: _____

Waiver, In consideration of acceptance of this entry, I release myself and my heirs, volunteers, and my sponsor and all officials of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims for death, injury, or illness, arising out of participation in the Spring Chicken Festival 5K. I state that I have trained and I am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photographs, videotapes, and other record of this event for any purpose. I also understand that bicycles, skateboards, roller skates/blades, and animals are NOT ALLOWED in the race and I will abide by these guidelines.

Signature (if under 18, parent/guardian) _____ Date _____