



chickEkiden 26.2 Mile Relay

Saturday April 25, 2009 in Downtown Gainesville, Georgia

Relay Begins at 8:30am

The 2009 *chickEkiden* 26.2 Mile Relay is a team event. The event is run on a 4.3 mile loop course. All exchanges will be made in an exchange zone at the finish line. Teams will have four to six members. Each member will run one or more legs to complete the 26.2 mile distance. Each team must complete six legs to be scored. Each team will be divided into two sub-teams with two or three members. The sub-teams will concurrently run three legs to make up the half marathon distance. Sub-team times will be added together for the final team marathon time. Each team member will run a minimum of one leg. Team competition will be encouraged with awards within the following divisions: Open (Men, Women, Mixed), Masters (Men, Women, Mixed), Grand Master (Men, Women, Mixed), Fire/Police/Military (Men, Women, Mixed), High school (Men, Women, Mixed) and Middle School (Men, Women, Mixed). A Men's team can include one woman. A Woman's team must be all women. A mixed team must include two women. This will be a great time to get 4-6 friends together, select a captain, challenge others in your division, and have a great time while supporting the Gainesville Spring Chicken Festival, the Keep Hall Beautiful Tree Replacement Fund and the Community Running Programs of the Lanier Running Club.

Team captains will receive packets with specific details, relay T-shirts, pins, 2 Rubber Chicken Batons (to be returned) and bib numbers for each team member. Team members will be responsible for being at the transition area when it is their turn to run. Each relay sub-team will be given a rubber chicken baton that will be carried initially by the first runner. The rubber chicken baton will be handed to the next runner at the transition exchange area. The exchange area will be monitored by a course marshal to ensure the fair exchange. Each member of the sub-team will be wearing identical numbers and each bib must be worn in a manner to be easily seen from the front. Awards will be presented to each member of the top team in each division. If there are more than four teams in a division, a second place award will be presented to each member of the second place team.

All registered runners will receive a unique high quality short sleeve, Micro Performance technical shirt and one guest admission to the Chicken Cook Off (\$10 value).

Teams can register by mail, in person or at Active.com. Mail entries must be received on or before April 23, 2009. Teams can register in person at the Registration Tent at the Finish Line area on Friday April 24th between 6:00 and 8:00PM or on Race Day between 6:30 and 7:30AM.

register online @  **active.com**

Changes in team members may be made at the Registration Tent at the Finish Line area on Friday April 24th between 6:00 and 8:00PM, prior to obtaining runner packets. The new team member MUST be present to sign the waiver or the team entry will NOT be changed.

Team packets can be picked up at the Registration Tent at the Finish Line area on Friday April 24th between 6:00 and 8:00PM or at the Registration Tent at the finish line area from 7:00am to 8:00am the day of the race.

Contact: Mike Lunsford at 770-533-1128 or mikeat4833ssd@att.net.

The Race Registration and Finish Line is located in the parking lot behind the Hall Community Bank, 311 Green St NW, Gainesville, GA 30501 (next to The Times) in beautiful downtown Gainesville, Georgia.

For more information see the Lanier Running Club website at www.lanierrunningclub.org.

chickEkiden 26.2 Mile Relay Application Form

Saturday April 25, 2009

Division: check one:

Open	__ Men***	__ Women**	__ Mixed *
Masters	__ Men***	__ Women**	__ Mixed *
Grand Masters	__ Men***	__ Women**	__ Mixed *
Fire/Police/Military	__ Men***	__ Women**	__ Mixed *
High School	__ Men***	__ Women**	__ Mixed *
Middle School	__ Men***	__ Women**	__ Mixed *

*(2 members of team must be women) ***(can include one woman) **(must be all women)

Team Fees:

All fees are non-refundable.

__ \$50.00 For Fire/Police/Military Teams if postmarked before 4/19/2009.

__ \$110.00 if postmarked before 4/19/2009.

__ \$130.00 if postmarked after 4/18/2009 or in person before race day.

__ \$160.00 for registration on race day.

Make Check to: **Keep Hall Beautiful**

Mail check and completed entry form to:

Lanier Running Club
P. O. Box 13
Gainesville, GA 30501

TEAM NAME:

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Entrant #1 and Team Captain

Last Name

First Name

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Mailing Address

Apt. #

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City

State

Zip Code

Telephone

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Shirt Size (circle)

Date of Birth

Age

Sex

E-Mail

S M L XL XXL

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M F

Entrant #2

Last Name

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First Name

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Shirt Size (circle)

S M L XL XXL

Date of Birth

___/___/___

Age

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Sex

M F

E-Mail

Entrant #3

Last Name

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First Name

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Shirt Size (circle)

S M L XL XXL

Date of Birth

___/___/___

Age

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Sex

M F

E-Mail

Entrant #4

Last Name

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First Name

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Shirt Size (circle)

S M L XL XXL

Date of Birth

___/___/___

Age

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Sex

M F

E-Mail

Entrant #5

Last Name

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First Name

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Shirt Size (circle)

S M L XL XXL

Date of Birth

___/___/___

Age

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Sex

M F

E-Mail

Entrant #6

Last Name

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First Name

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Shirt Size (circle)

S M L XL XXL

Date of Birth

___/___/___

Age

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Sex

M F

E-Mail

Waiver

Each entrant must read the release statement and sign below to be eligible to race.
If entrant is under 18, a parent or guardian must sign.

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 chickEkiden 26.2 Mile Relay. 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, baby joggers, roller skates/blades, animals, and radio/cassette/headsets are NOT ALLOWED in the race and I will abide by these guidelines.

Signature of entrant #1 _____

Signature of entrant #2 _____

Signature of entrant #3 _____

Signature of entrant #4 _____

Signature of entrant #5 _____

Signature of entrant #6 _____

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