



presents the

chickEkiden 30K Relay

Saturday April 24, 2010 in Downtown Gainesville, Georgia

Relay Begins at 8:30am

The 2010 *chickEkiden* 30K Relay is a team event. The event is run on a 5K 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 30K 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 30K distance. Sub-team times will be added together for the final team 30K time. Each team member will run at least one leg. Team competition will be encouraged with awards within the following divisions: Open (Age 19–39 Men, Women, Mixed), Masters (Age 40–49 Men, Women, Mixed), Grand Master (Age 50 & Over Men, Women, Mixed), High school (Age 15–18 Men, Women, Mixed) and Middle School (Age 13 & Under 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

Proceeds from the race go to support the community running programs of the Lanier Running Club. Programs include a Youth Running Program where young people aged 8–18 from Hall and surrounding counties train for and participate in the USATF Track & Field and Cross Country Junior Olympics State, Regional and National meets. 80 young athletes have participated in the youth program since October 2008. The club also puts on a series of All Comers Track Meets in the summer as a service to the local running community.

The pre-registration fee by mail or on line at www.Active.com by April 17, 2010 is \$120.00 per team. After April 17, 2010 and on race day, the fee is \$150.00 per team. Teams can register in person at the Registration Tent at the Finish Line area on Race Day between 6:30am and 8:00am. Pre-registered teams can pick up their race packets at the registration tent between 7:00am and 8:00am on race day

register online @ 

All registered runners will receive one guest admission to the Gainesville Spring Chicken Festival Chicken Cook Off. Teams that pre-register by April 17, 2010 are guaranteed a unique high quality short sleeve, technical shirt. Teams registering after April 17, 2010 and on race day will receive shirts as supplies last.

Awards will be presented to members 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 members of the second place team.

Changes in team members may be made at the Registration Tent at the Finish Line area on race day 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.

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 30K Relay Application Form

Saturday April 24, 2010

Division: check one:

Open (age 19-39) Men*** Women** Mixed *
Masters (age 40-49) Men*** Women** Mixed *
Grand Masters (Age 50 & Over) Men*** Women** Mixed *
High School (Age 15-18) Men*** Women** Mixed *
Middle School (Age 14 & Under) 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.

\$120.00 if postmarked or entered on active.com by 4/17/2010.
\$150.00 if postmarked or entered on active.com after 4/17/2010 or on race day.

Make Check to: Lanier Running Club

Mail check and completed entry form to:

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

TEAM NAME:

Grid for team name entry

Entrant #1 and Team Captain

Last Name

First Name

Grid for last name entry

Grid for first name entry

Mailing Address

Apt. #

Grid for mailing address entry

Grid for apartment number entry

City

State

Zip Code

Telephone

Grid for city entry

Grid for state entry

Grid for zip code entry

Grid for telephone entry

Shirt Size (circle)

Date of Birth

Age

Sex

E-Mail

S M L XL XXL

Grid for date of birth entry

Grid for age entry

M F

Line for email address entry

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

--	--

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 30K 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 and animals, 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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