



Presents The
chickEkiden 30K Relay

Saturday April 30, 2011 in Downtown Gainesville, Georgia

Relay Begins at 8:30am

The 2011 *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. 137 young athletes participated in the youth program since October 2008 with three individual National Champions and many individual and team podium finishes on the state, region and national levels. 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 15, 2011 is \$138.00 per team. After April 15, 2011 and on race day, the fee is \$168.00 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 @ [active.com](http://www.active.com)

All registered runners will receive one guest admission to the Gainesville Spring Chicken Festival Chicken Cook Off. Teams that pre-register by April 15, 2011 are guaranteed a unique high quality short sleeve, technical shirt. Teams registering after April 15, 2011 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 Bank Building, 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.

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

--	--

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

--	--

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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