



Presents The

# Spring Chicken Festival 5K

**Saturday, April 30, 2011 8:30AM Gainesville, GA**

The Spring Chicken Festival 5K is held at the same time as the chickEKIDEN 30K Relay in beautiful downtown Gainesville, GA. After the races, participants are encouraged to visit the 2011 Gainesville Spring Chicken Festival.

The Spring Chicken Festival 5K will begin at 8:30AM.

The route is a 5K rolling loop course through residential neighborhoods near the downtown square.

Registration and Packet Pickup begins at 7:00am in the parking lot at 311 Green Street NW, Gainesville, GA 30501.

Technical short sleeve shirts are guaranteed to all pre-registered (until 4/15/2011) participants and to race day entries as supplies last. 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 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.

Pre-registration fees will be \$20.00 (\$15.00 No Shirt Option) until 4/15/2011. After 4/15/2011 and on race day the entry fee is \$25.00 (\$20.00 No Shirt Option). Register on line at [www.active.com](http://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](mailto:mikeat4833ssd@att.net).

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

Name: \_\_\_\_\_ Age on 4/30/11: \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_ DOB: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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 \_\_\_\_\_