

# VININGS DOWN HILL 5K/1 MILE

SEPTEMBER 10, 2011 8:00AM

www.viningsdownhill5k.com

Please use separate form for each entrant.

LAST NAME FIRST NAME MI

ADDRESS

CITY STATE ZIP

DATE OF BIRTH AGE (Race Day)  MALE  FEMALE

E-MAIL ADDRESS

### ENTRY FEES/DONATION:

- 5K RUN (Received by August 31, 2011) + \$25.00
- 5K RUN (Received after August 31, 2011) + \$30.00
- 1 MILE Run (Received by August 31, 2011) + \$15.00
- 1 MILE Run (Received after August 31, 2011) + \$20.00
- PHANTOM RUNNER\* + \$30.00
- 2XL or 3XL tshirt fee + \$2.00
- TAX DEDUCTIBLE DONATION ..... \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: ..... \$ \_\_\_\_\_

### IF REGISTRATION BEFORE AUGUST 31<sup>ST</sup> CIRCLE ONE:

- |                                     |                                      |                                    |                                     |
|-------------------------------------|--------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> XS Dri-Fit | <input type="checkbox"/> XL Dri-Fit  | <input type="checkbox"/> YM Cotton | <input type="checkbox"/> L Cotton   |
| <input type="checkbox"/> S Dri-Fit  | <input type="checkbox"/> 2XL Dri-Fit | <input type="checkbox"/> YL Cotton | <input type="checkbox"/> XL Cotton  |
| <input type="checkbox"/> M Dri-Fit  |                                      | <input type="checkbox"/> S Cotton  | <input type="checkbox"/> 2XL Cotton |
| <input type="checkbox"/> L Dri-Fit  |                                      | <input type="checkbox"/> M Cotton  | <input type="checkbox"/> 3XL Cotton |

Make checks payable to:  
 Vinings Rotary Charity Fund, 3825 Paces Walk, Suite 200  
 Atlanta, GA 30339

In consideration of this entry, I waive any and all claims for myself and heirs against official sponsors of The Vinings Downhill 5K for illness or injury which may result from my participation. I further state that I am in proper physical condition to participate in this event. I also give my permission for the use of my name or picture in any broadcast, telecast or any other public account of this event.

Participant's Signature (parent or guardian signature if under age 18)



www.viningsdownhill5k.com

Vinings Rotary Charity Fund, Inc.  
 c/o Heinz & Associates  
 3825 Paces Walk, Suite 200  
 Atlanta, GA 30339

**FASTEST 5K IN ATLANTA!**  
 Dri-Fit or Cotton T-Shirts  
 Course Record - 15:38  
 Saturday, September 10, 2011  
 8:00AM



## FASTEST 5K IN ATLANTA!

### RACE & WALK

Plus a 1-Mile Fun Run

**Saturday, September 10, 2011  
 8:00AM**

## 13th Annual Run for the Kids

Presented by the Vinings Rotary Club to benefit:

Calvary Children's Home  
 The Good Samaritan  
 The Vinings Rotary Charity Fund, Inc.

Hosted by:



Rotary Club  
 of Vinings



JUBILEE

The Vinings Club  
 Business • Social • Family Events



www.viningsdownhill5k.com

# The VININGS

## Down Hill 5K

### Run for the Kids

www.viningsdownhill5k.com

Hosted by:



Rotary Club  
of Vinings



SEPTEMBER 10, 2011 8:00A.M.

13th Annual Run for the Kids

Presented by the Vinings Rotary Club to benefit:

Calvary Children's Home

The Good Samaritan

The Vinings Rotary Charity Fund, Inc.

**2011 CHANGES:** 5K Course Limited to 1,200 Runners, more buses, more restrooms

**5K COURSE:** This fast 5K course begins at the top of Mt. Wilkerson in Vinings, winds around the Cumberland Mall area, and ends at the Chattahoochee River Park (330-foot net drop). The record time for this very fast course is 15 minutes, 38 seconds. The 1-Mile Fun Run begins and ends at the Vinings Jubilee. For more information visit [www.viningsdownhill5k.com](http://www.viningsdownhill5k.com).

**START TIME:** 5K Race/Walk: 8:00AM      1-Mile Fun Run: 9:00AM

**4 WAYS TO REGISTER:**

- 1. Mail:** Send entry form (on other side) to be received by August 31<sup>st</sup>, 2011, and check payable to: Vinings Rotary Charity Fund, Inc., c/o Heinz & Associates, 3825 Paces Walk, Suite 200, Atlanta, GA 30339.
- 2. In Person:** To register in person, visit any Big Peach Running Company location, West Stride Running Store, or The Vinings Club by 5:00PM, Wednesday, September 7, 2011.
- 3. On-line:** To register online, visit [www.active.com](http://www.active.com) by 5:00PM on September 7, 2011.
- 4. Race Day:** The 1-Mile registration begins at 8:15AM at Vinings Jubilee. The 5K course is limited to 1200 runners. If the 5K race is not closed out early (check website), the 5K raceday registration begins at 7:00AM at the Overlook III building.



**BUSES:** After the 5K you may ride the bus from the Finish Line to the Vinings Jubilee for the post race party or you may choose to walk the 1 mile trip. After the awards ceremony you may ride the bus back to the Overlook III parking garage or you may walk the 1/2 mile trip.

**5K AWARDS:** Awards, t-shirts and race bags will be handed out at the post race party at Vinings Jubilee. Awards for top M/F Overall, Master, Grandmaster and Top 3 in 14 age groups from 10 years & under to 70 years.

**DRI-FIT OR COTTON T-SHIRTS:** The official Race Shirt is guaranteed to all 5K Finishers and Phantom Runners that register by August 31<sup>st</sup>. The official race shirt will be guaranteed to all 1-Mile Finishers that register by August 31<sup>st</sup>. Extra Cotton shirts will be handed out to late registrants (September 1<sup>st</sup> through RACE DAY) while they last. **REGISTER EARLY!!**

Shirts will be handed out at the post race party at Vinings Jubilee. You must present your race number to receive your shirt.

**ONE MILE AWARDS:** Top 3 Trophies for 12 & under Boy and Girls. Medal for all participants 12 & under.

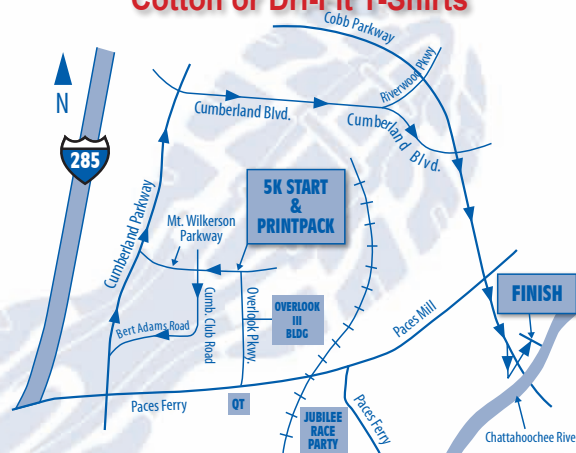
**PHANTOM RUNNER:** Want to support the Vinings Down Hill 5K but can't make it on race day? Register as a Phantom Runner by August 31<sup>st</sup> and we'll send you an official race shirt. Fee is \$30.00.

**DIRECTIONS TO 5K START -** Follow Paces Ferry Road down the hill inside I-285 about 1/2 mile to the OVERLOOK sign on the left. Follow the signs for the race parking up the hill. Parking will be at the Overlook III Building. Registration and race number pick-up will be in front of the Printpack Building at the top of the hill.

**FASTEST 5K IN ATLANTA!**

Course Record - 15:38

Cotton or Dri-Fit T-Shirts



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