



sneakers



**Labor Day
Chick-fil-A /
Sneakers
5 Mile / 1-Mile
River Run**

Monday, September 3, 2007
7:30 a.m.

Union Train Station
300 Water Street
Montgomery, AL

**Sponsored by:
Chick-fil-A
Sneakers**



sneakers



**Door Prizes
Shoes from Sneakers
Combo Meal Cards from Chick-fil-A
Gift Certificates from Road ID
Additional Gift Certificates from Area
Businesses**

Food

Chick-fil-A biscuits and beverages will be available after the race.

Come on out and be a part of a healthy life style. Take up running as a way to relax. Spend time with the family.

Have Fun!



**Proceeds raised will benefit the
Montgomery Association for Retarded
Citizens (McInnis School) and Montgomery
Humane Society**

Montgomery Track and Running Club
P. O. Box 6350
Montgomery, AL 36106

Presorted Standard
U.S. Postage Paid
Montgomery, AL
Permit #473

Race Information

The races begin and end at the Union Train Station in downtown Montgomery. The course heads up along the river overlook, then into Cottage Hills for a historic run through rolling hills. You'll enjoy the scenic run through the hills of downtown Montgomery. This is a challenging course with beautiful scenery.

No bicycles, No pets, No skates, No headsets, No baby buggy strollers, allowed on course during race.

Registration

By Mail—Must be postmarked by dates indicated for discount:

\$18 General Public by August 25

(\$15 MTRC Members by August 25)

After August 25 registration fees increase

\$20 All from August 25 – August 30

\$25 Day of Race

Entry fees are non-refundable.

T-Shirts only guaranteed for first 200 registered participants

Start Times

Day of Registration 6:45 -7:15 a.m.

5 Mile - 7:30 a.m.

1-Mile - 8:30 a.m.

Packet Pickup

Saturday, September 1, 2007

9 a.m. – 2 p.m.

Sneakers Shoes

6085 Atlanta Hwy, Montgomery AL

Call 334-356-7632

For questions, contact:

Mac McVicar (334) 294-8260

MontgomeryRunners@yahoo.com

5 Mile Awards

Overall (Male & Female)

1st Place - **\$100**

2nd Place **\$75**

3rd Place **\$50**

Master Series (Male & Female)

1st Masters (40+) **\$75**

1st Grand Masters (50+) **\$75**

Age Divisions 5 Mile

(Male & Female)

1st, 2nd, and 3rd Place Awards

14 & under 30-34 50-54

15-19 35-39 55-59

20-24 40-44 60-69

25-29 45-49 70 +

Team Division

(5 people per team (any sex), single envelope for registration)

1st, 2nd, 3rd Place Awards (may double dip)

1 Mile

Male & Female

1st, 2nd, and 3rd Place Awards

0-9 15-19 30-39

10-14 20-29 40 +

Little Tykes Fun Run

Under 6 years of age

Notice: Awards will not be duplicated (except team event). All participants must registered and wear their assigned numbers to be award eligible.

Make check payable to: **MTRC**

Mail Entry to:

MTRC

P. O. Box 6350

Montgomery, AL 36106

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Daytime phone _____

Date of Birth ____/____/____ Age _____

Male _____ Female _____

Shirt Size S ___ M ___ L ___ XL ___ XXL ___

Check one: ___ **5 Mile Run** ___ **1 Mile**

Team Name _____ (optional)

Release / Hold Harmless Agreement

I the undersigned acknowledge that injuries or loss can result from participation in the race. I, therefore, assume all risk of injury, loss of life and property, arising out of participation in this event. I release Montgomery Track and Running Club (MTRC), Chick-fil-A, Sneakers, the sponsors, and any agents, or employees of the aforesaid organizations, and any other group of persons involved in this run from all liability as to any right of action that may accrue to me, my heirs or representatives, for any such injuries or loss, that I may suffer while participating in this event. I consider myself physically fit to participate in this run.

Signature _____

Date _____

(parent if under 18 years old)