



Saturday, October 21, 2006 McFarland Park Florence, Alabama

Entry Fees: (Make checks payable to TRAC)

- \$10.00 Pre-registered by October 16
- \$15.00 after October 16 and day of race
- \$ 5.00 day of race with no T-shirt

Race day registration begins at 7:00 a.m.

8:30 a.m. Start Time

Several heats may be required.



RRCA State Championship 1-Mile

Awards

Cash awards given as follows:
Overall Male & Female
1st - \$200, 2nd - \$100 and 3rd - \$50
Top Master Male & Female - \$150 each
Bonus of \$50 for the state record

Trophies will be awarded to the top 3 finishers in each age group. Age groups are as follows: 6-under, 7-8, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

Overall Awards will also be given to the first overall Clydesdale and Athena. A Clydesdale athlete is any male runner over 200 lbs. An Athena athlete is any female runner over 150 lbs.

Course A fast and flat out-and-back course along the harbor access road at McFarland Park. The turnaround point will be a large radius turnaround so speed will not be lost. Alabama course certification number is AL03023JD.

T-shirts Pre-registered entrants will receive their t-shirt on race day. T-shirt sizes will be guaranteed to pre-registered participants only. If shirts run out on race day, entrants registered after October 16, 2006 may pick up their t-shirt 2-3 weeks after the race at Spires & Associates. Please retain your race number until claiming your t-shirt.

Refreshments Water, Gatorade, bananas, cookies.

Directions **From 43 North, 72 East, 20 West, 157 North:** All four routes merge into one in Muscle Shoals. Follow your respective highway through Muscle Shoals and across the Tennessee River into Florence. After crossing the bridge, take Highway 20 West (right exit about 1/2 mile from bridge). From Hwy 20 take an immediate left at Funland Park waterslide. Robbins Field is on the right.

From 43 South, 72 West: Follow 72 West to 20 West just North of the Tennessee River. Turn right onto 20, then immediately left at Funland Park waterslide. Robbins field in on the right.

From 20 East: Turn right at Funland Park waterslide just before 20 merges with 72.

For race information call Gary House at (256) 762-1864 or email ghouse02@comcast.net
Race administration by The Tennessee River Athletic Club (TRAC). A member of the RRCA. For membership information call (256) 760-9502 or visit shoalstrac.com

Pre-Register by Mail

Tennessee River Athletic Club
212 Queensbury Lane
Florence, AL 35630

or
Register Online at
www.active.com

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ sex: M F

Phone: (____) _____ - _____ Age: ____ Date of Birth: ____/____/____
as of 10/21/06

Check T-Shirt Size

- Small
- Medium
- Large
- X-Large

Official use only

Bib # _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to, fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf, waive and release the Tennessee River Athletic Club, the city of Florence, RRCA and all sponsors their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

(Parent/Guardian if under age 19)