

The Birmingham Track Club Presents

Saturday, February 27, 2010

All Races begin at 9:00am



The 32nd Adam's Heart Runs 5K-10K-10Mile

◆ 10-mile course is USATF Certified ◆

Date: Saturday, February 27, 2010

Place: Oak Mountain State Park: Dogwood Pavillion

Race Time: 9:00am CST

On-line Registration: www.active.com event #180144

Registration Begins: 7:30am CST

Inquire: newlafr@yahoo.com

Contact Info: Frank Newland, 205-621-9912

AHR Website: www.btcclassic.com

Fees: \$20.00 mail postmark by 2/22/10

\$20.00 early on line. Register by 2/22/10

\$23.00 late on line. Register by 2/25/10

\$25.00 on site race day registration.

Family Registration: \$15/adult and \$9/youth *

* Pre-register only. Same household, youth <= 18yrs

Pay Checks to: Heart Run

Send Form to: Rick Melanson, 5365 Creekside Loop
Hoover AL 35244

Expected Race Weather:

49% chance of clear and cold mid 30's warming to 50's by noon.

49% chance of cloudy and cool mid 50's warming to mid 60's by noon.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one: 5K 10K 10 Mile

Name: _____ **Age:** _____ **Sex:** _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

T-Shirt Size: _____ **Email** _____

Checks payable to : Heart Run. **Remit to:** Rick Melanson, 5365 Creekside Loop , Hoover AL 35244

I know that running a road race is a potentially hazardous activity and that 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 risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent (if under 18 years old)

Application and waiver required for each runner