

**RRCA 5K SOUTHERN REGION  
CHAMPIONSHIP AWARDS**

Overall Male & Female

Masters (Male & Female)  
1st (40+)

Grand Masters (Male & Female)  
1st (50+)

Great Grand Masters  
(Male & Female)  
1st (60+)

Age Divisions (Male & Female)  
1st, 2nd, 3rd

14 & Under	30-34	50-54
15-19	35-39	55-59
20-24	40-44	60-64
25-29	45-49	65-69
		70+

**Labor Day Run 1 Mile Awards**  
Overall Male & Female

Age Divisions (Male & Female)  
1st

0-4, 5-9, 10-14, 15-19, 20+

R3 Website:  
<http://www.riverregionrunners.org/>

RRCA Website  
<http://www.rrca.org/>



**RIVER REGION RUNNERS  
(R3) 30TH ANNUAL  
5K/1 MILE  
LABOR DAY RUN**

*R3 is pleased to host the 2012 Road Runners Club of America (RRCA) 5K Southern Region Championship, with the R3 Annual Labor Day Run receiving the designation representing 11 states. The event was also the 2011 Alabama RRCA 5K State Championship. R3 welcomes all participants to enjoy another outstanding championship running experience!*



**September 3, 2012  
7:30 a.m., Union Station  
300 Water Street  
Downtown Montgomery, AL**



## **EVENT INFORMATION**

The 5K/1 Mile Labor Day Run is the annual signature event of the River Region Runners (R3). The 5K course through downtown Montgomery is USATF-certified and challenging. This year's Road Runners Club of America (RRCA) 5K Southern Region Championship is highlighted by a long, gradual climb up Monroe Street and an exhilarating stretch down Dexter Avenue from the State Capitol. Historic Union Station is again the setting for the start and finish of each run, as well as food, drinks, awards presentations, and many outstanding prize drawings.

**T-Shirt:** A cleverly-designed color tech shirt commemorates the hosting of the RRCA 5K Southern Region Championship by R3. T-Shirts and are guaranteed only to pre-registered entrants.

**Results:** R3 will use electronic chip timing to insure accurate tabulations.

**Safety:** To provide the ultimate safe running experience R3 asks your cooperation with the following:

***NO HEADSETS/EARPHONES***

***NO CHILD STROLLERS***

***NO BICYCLES***

***NO ROLLER BLADES***

***NO PETS***

## **REGISTRATION INFORMATION**

Labor Day Run registration may be made by mail or [www.active.com](http://www.active.com). *Entry fees are non-refundable.*

### **Entry Fees and Deadlines:**

**\$15-R3 Members (as of 8/1/12)**

received by August 31

**\$20-Non Members**

received by August 31

**\$25-R3 Members & Non Members**

received AFTER August 31

**\$30-Day of Race**

### **Registration & Packet Pickup:**

Late Registration & Packet Pickup,  
Union Station, 300 Water St.  
Sunday, September 2, **3-5 p.m.**  
Race Day, **6:00-7:15 a.m.**

### **Event Times:**

5K Start-**7:30 a.m.**

1 Mile Start-**8:30 a.m.**



R3 Labor Day Run Questions?  
Contact Pete Preston,  
[RiverRegionRunners@yahoo.com](mailto:RiverRegionRunners@yahoo.com)  
(334) 595-9786

Make out check and mail with form to:  
***River Region Runners (R3)***  
***P.O. Box 6350***  
***Montgomery, AL 36106***

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE OF BIRTH & RACE DAY AGE: \_\_\_\_\_

MALE/FEMALE (Circle One)

(Check Race) 5K\_\_ 1 MILE\_\_

T-Shirt Size (Circle One):

Small Medium Large Extra-Large

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 The River Region Runners R<sup>3</sup>, event sponsors, and any agents, or employees of the aforesaid organizations, and any other group of persons involved in this event 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 \_\_\_\_\_

(parent if under 18 years old)

Date \_\_\_\_\_