

### 3M RIVER CITY RUN 2019 REGISTRATION

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gender \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age(on 3/30) \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Nov 1-30 (\$15): 10K \_\_\_ 5K \_\_\_
- Dec 1 –Feb 28 (\$20): 10K \_\_\_ 5K \_\_\_
- March 1 –17 (\$25): 10K \_\_\_ 5K \_\_\_
- March 18-Race Day (\$30): 10K \_\_\_ 5K \_\_\_
- THE DOUBLE-Both races:
- Nov 1-30 (\$20): Both \_\_\_
- Dec 1 –Feb 28 (\$25): Both \_\_\_
- March 1 –17 (\$30): Both \_\_\_
- March 18-Race Day (\$40): Both \_\_\_
- Fun Run: Nov 1-30 (\$7) \_\_\_ Dec 1-Feb 28 (\$8) \_\_\_  
Mar 1-17 (\$9) \_\_\_ March 18-Race Day (\$10) \_\_\_

#### Required Race Waiver

I certify that I have decided to participate in the 10K, 5K, or Fun Run with the full knowledge that being physically fit and sufficiently trained is necessary to prevent injury to myself. I and my heirs, devisees, executors, administrators and assigns herby release, remise, waive and forever discharge any and all claims against River City Runners, Inc., 3M Company, Hospice of the Valley, River City Run, Point Mallard Park, City of Decatur and all of their employees, agents or representatives, arising, out of my participation in either the 10K, 5K, or Fun Run. I also agree that if the event is canceled for any reason that the entry fees are non-refundable.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Form must be signed/dated by Parent/Guardian if under 18

40<sup>th</sup> Anniversary Cotton T-Shirt

Please Circle:

ADULT S M L XL XXL

YOUTH YS YM YL

Mail registration fee and form  
(postmarked March 27) to:

**RCR c/o Jon Elmore**  
**3428 Tanglewood Dr SW**  
**Decatur, AL 35603**

Check made out to:

**River City Runners**

Register online at [active.com](http://active.com)

And our other generous sponsors



**Packet Pickup and Late Registration**

**Fleet Feet Huntsville**

Friday, March 29: 11am – 1pm

**T.C. Almon Building, Point Mallard Park**

Friday, March 29: 5:30 – 7:00 p.m.

Saturday, March 30: 6:30 – 8:00 a.m.

5K late registration ends at 7:15 a.m.

10K late registration ends at 8:00 a.m.

Fun Run late registration ends at 8:00am

For more information, contact: Jon Elmore

256-476-3517 or [jkla5@att.net](mailto:jkla5@att.net)

**Special Thanks to our Title Sponsor:**



And our other generous sponsors



# 3M RIVER CITY RUN

## 40<sup>th</sup> Anniversary

### Benefitting



Saturday, March 30, 2019

5K- 7:30am / 10K- 8:15am

Fun Run - 8:30am

T.C. Almon Recreation Center  
Point Mallard Park  
Decatur, AL

\$

## \$1200 PRIZE MONEY For 10K RACE

Register online at [active.com](http://active.com)



A River City Runners Club event  
[www.rivercityrunners.org](http://www.rivercityrunners.org)

### RACE INFORMATION

For over three decades, the 3M River City Run has been one of North Alabama's most anticipated Spring RRCA runs. Runners can participate in the 10K, 10k & 5K, or the Fun Run. The 10K and 5K courses are flat and fast. The first four miles of the 10K are run through quiet residential streets. The finish of the 10K and the entire 5K is run on the golf course perimeter road which runs along the beautiful Tennessee River. The 5K course is an out-and-back and the 10K is a loop. The Fun Run is a loop of the Spirit Field.

### DO the DOUBLE!

If you can run a sub 45 minute 5K you can also run the 10K race. Special award for **FASTEST "DOUBLE"**.

### 10K Run

Registration Fees: Nov 1 –Nov 30 - \$15;  
Dec 1 – Feb 28 - \$20; Mar 1 –Mar 17- \$25;  
March 18 to Race day \$30

Start Time: 8:15 a.m.

USATF Certified Course, Chip Timing, Awards presented to: Top 3 Male & Female, 1st Masters and 1<sup>st</sup> Grand Masters; Male and Female; 5 year Age Groups. **Fleet Feet** Gift Cards to age group winners Prize money- top 3: \$250, \$150, \$100. Masters and Grandmasters: \$50

### 5K Run

Registration Fees: Nov 1 –Nov 30 - \$15;  
Dec 1 – Feb 28 - \$20; Mar 1 –Mar 17- \$25;  
March 18 to Race day \$30

Start Time: 7:30 a.m.

USATF Certified Course, Chip Timing, Awards presented to: Overall, Masters and Grand Masters; Male and Female; 5 year Age Groups. **Fleet Feet** Cards to age group winners.

### Fun Run (0.65 mile) Loop of Spirit Field

Registration Fees: Nov 1 –Nov 30 - \$7;  
Dec 1 – Feb 28 - \$8; Mar 1 –Mar 17- \$9;  
March 18 to Race day \$10

Start Time: 8:30 a.m.

Non-certified Course; Awards presented to 1<sup>st</sup> male and female. All runners age 12 and under receive Finisher's Ribbons.

### Registration Information

Register online at [active.com](http://active.com) or mail fee and form to: RCR c/o Jon Elmore, 3428 Tanglewood Dr SW, Decatur AL 35603 Postmarked by March 27.

### T-Shirt and Award information

40<sup>th</sup> Anniversary Cotton T-shirts to all entrants. Register by 3/10 to guarantee shirt size. Awards Ceremony at 9:30 a.m. inside T.C Almon Rec Center.