



1st Annual L.A.R.C. Bringin' Home The Bacon 5K



Saturday, November 13, 2010 @ 9:00 AM

Location: Oakwood City Park, 4009 Railroad Street, Oakwood, GA, 30566

Registration: \$15 per person if pre-registered by **November 6, 2010** or \$20 after.

Race day registration begins at 8:00 AM

Awards: Awards will be given to the Overall M/F, Masters M/F and top 3 M/F in the following age groups: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. T-Shirts guaranteed to pre-registered runner's, all race day registrants while supplies last.

Course: Promises to be a FAST course, only uphill in first mile, miles 2 and 3 are downhill to finish.

For over 45 years, LARC has served the community in Hall and surrounding counties. As a club we stand ready to provide emergency communications in time of need. Proceeds will help keep our repeater systems on top of Wauka Mtn., Clermont, Hall County, Georgia, in operation. Please visit www.lanierlandarc.org for more information.



Info: For more information or questions contact Phil Loggins at (770)-561-1051 or Email k4pdl@bellsouth.net, or contact Zack Loggins of Runner's Fit Timing at (770)-561-1050 or Email Zack@RunnersFit.com

Results will be posted immediately following race at:
www.runnersfit.com, www.runningintheusa.com, and www.coolrunning.com.

Last Name: _____ First Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Age: _____
 Day Phone: _____ Gender (Circle One): **M** **F**
 Email Address: _____
Shirt Size (Circle One): YS YM YL AS AM AL AXL AXXL

For Official Use Only:

Bib Number: _____

WAIVER: In consideration of the acceptance of my entry I hereby agree to comply with all rules and regulations for safety of myself and other participants. I also waive and release any and all rights and claim damages I have against Lanierland Amateur Radio Club, Runners Fit, Runners Fit Race Works, sponsors, volunteers or any facility used for this event, for all injuries which may be suffered by me in connection with my competition in said event. I give my permission for the free use of my name(s) and/or photo in any medium of this event.

Signature (or parent if under 18): _____ **Date:** _____

Mail in registration deadline is **November 6, 2010**. Send your completed registration and \$15 (check or money order) made payable to **L.A.R.C.** to:

L.A.R.C. 5K
P.O. Box 2182
Gainesville, GA 30503