



and



present the

# Spring Chicken Festival 5K

Saturday, April 25, 2015

9:00AM

Gainesville, GA

Instead of a T-Shirt, runners will receive a unique Lightweight Hoodie with the Spring Chicken Festival 5K LOGO displayed on the front.



Registration and Packet Pickup begins at 7:30am in the Recess Restaurant parking lot at 118 Bradford Street Northwest Gainesville, GA 30501.

Unique long sleeve lightweight hoodies are guaranteed to all runners who pre-register before 4/15/2015 and as long as supplies last on race day. Awards will be presented to Overall Male/Female, Masters Male/Female, Grand Masters Male/Female and the top 3 in 5 year age groups beginning with 10 and under through 75 and over.

Proceeds from the race support the community running programs of the Lanier Running Club. Programs include a Youth Running Program where runners aged 12 – 18 from Hall and surrounding counties participate in the USATF Track & Field and Cross Country Junior Olympics State, Regional and National meets. Young athletes have participated in the program since 2008 with three individual National Champions and many individual and team podium finishes. The club also provides 5 All Comers Track Meets in the summer as a service to the local running community.

Runners are encouraged to visit the Spring Chicken Festival and the Chicken Cook-Off after the race. Each Runner will receive a free Chicken Tasting ticket. Spectators can purchase tickets for the Chicken Cook-Off for \$5.00 per person at the race registration table or \$10.00 per person at the Festival.

Pre-registration fees are \$30.00 (\$20.00 No Shirt Option) until 4/15/2015. After 4/15/2015 and on race day the entry fee is \$35.00 (\$25.00 No Shirt Option). Race registration is also available at ACTIVE.com. For registration and race details, go to [www.lanierclub.org](http://www.lanierclub.org). To register by mail, make out check to "Lanier Running Club" and mail to:



Lanier Running Club  
PO Box 13  
Gainesville, GA 30501

For more information contact Mike Lunsford at 770-533-1128 or [mikeat4833ssd@att.net](mailto:mikeat4833ssd@att.net).

----- one entry per form -----

Name: \_\_\_\_\_ Age on 4/25/15: \_\_\_\_\_ DOB: \_\_\_\_\_

Address \_\_\_\_\_ Gender: M F

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

No Shirt Option: Y N Amount Enclosed: \_\_\_\_\_

Shirt Size: S M L XL XXL E-Mail: \_\_\_\_\_

Waiver, In consideration of acceptance of this entry, I release myself and my heirs, volunteers, and my sponsor and all officials of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims for death, injury, or illness, arising out of participation in the Spring Chicken Festival 5K. I state that I have trained and I am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photographs, videotapes, and other record of this event for any purpose. I also understand that bicycles, skateboards, roller skates/blades, and animals are NOT ALLOWED in the race and I will abide by these guidelines.

Signature (if under 18, parent/guardian) \_\_\_\_\_ Date \_\_\_\_\_