



The **RidgeRider**
08' Running / Walking Series

Family
Foot & Ankle
Center
Dr. Walter W. Hayes

sponsored by:

**TURTLE CREEK
CIVITAN**



Presents

**Second Annual
"TURTLE-TROT
10-K RUN/WALK"**

**Saturday, September 20th, 2008
8:00 a.m.**

Join The Turtle Creek Civitan and the Ridge Rider Athletic Club for the Turtle Creek 10-K Run & Walk. This is the 11th event of 14 in the 2008 Ridge Rider Running / Walking Series. This will be a Championship timed event.

The Run & Walk will begin and end at the boat dock area at Craighead Forest Park in Jonesboro, Arkansas. This 10K is unique in that it is approximately 2 miles on the road, two miles of chat trail and 2 miles of single track dirt trails. Craighead Forest races are always challenging with the trails and hills. This is a sure measure of your 10K fitness.

Registration will be from 7:00 a.m. to 7:45 a.m. The Turtle Creek 10-K Run & Walk will start promptly at 8:00 a.m. Cost is \$15.00 per person before September 3rd, 2008 and \$20.00 per person after the 3rd.

Each participant will receive a T-Shirt. Trophies will be awarded to first through fifth overall male and female runners and to first, second and third male and female runners in the following age groups: under 9, 10-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and over 65. Trophies will also be awarded to the first through fifth male and female walkers to finish. There will be no age group awards for walkers. Points will also be awarded in the RRAC Running / Walking Series!

The course will be marked and supervised by volunteers. There will be plenty of food and drinks at the finish!

For additional information contact:

Lowell French at 870-761-2139, OR lfrench@suddenlink.net

Or visit our website: www.ridgerider.org

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870-932-4491

**The Turtle Creek Civitan Presents the 2nd Annual Turtle Trot 10-K Run/Walk.
Saturday, September 20, 2008 • Run/Walks Starts at 8:00 A.M.**

Entry Form

For additional information contact:
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Or visit our website www.ridgerider.org

The Run & Walk will begin and end at the boat dock area at Craighead Forest Park in Jonesboro, Arkansas.

Registration will be from 7:00 a.m. – 7:45 p.m. The Run/Walk will start at 8:00 A.M.

Check One: _____ **Runner - You can walk, jog or run the course. This Division is eligible for age group trophies.**

Check One: _____ **Walker - You must walk, you will be disqualified if you run at any time.**

If you own a ChampionChip, list your CC ID Number _____.

One person per form. This form may be duplicated. Please Print Legibly.

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

Emergency Name: _____ Emergency Phone: _____

EMAIL ADDRESS: _____

Sex: _____ Age: _____ Date of Birth: _____ Circle T-shirt size: S M L XL XXL XXXL

Youth T-shirts available only to those that pre register: YS YM YL

**Participants registered before September 3rd, 2008 are guaranteed shirt sizes!
Participants registering late or day of the race will receive based upon availability.**

PRE-REGISTRATION

On or Before September 3rd, 2008 **\$15.00** **After** September 3rd, 2008 **\$20.00**

Make checks payable & mail to: **Turtle Creek Civitan • P.O. Box 7041 • Jonesboro, AR 72403**

RELEASE AND WAIVER OF LIABILITY

For and in consideration of the acceptance of my registration to participate in the **Turtle Trot Run & Walk** scheduled for September 22nd, 2008, I hereby waive, release and discharge in advance The Ridge Rider Athletic club of Arkansas, Cricket Cellular Services, their members, sponsors, officers and all persons acting in concert with them from any and all claims which may hereafter accrue to me or my heirs or to any other person(s) as a result of my participation in this event. I represent that I am in good physical condition and that I have sufficient skill and experience to safely complete any competition, which I choose to participate. I further agree abide by the traffic rules and regulations of the state of Arkansas. I agree to pay \$35.00 if I fail to return the ChampionChip assigned to me.

Signed _____ Date _____

Parents Signature if under 18 _____

***RRAC Running & Walking Series Printing Services provided by Master Print Group
RRAC Running & Walking Series Trophies provided by Mr. Trophy***