



5K Run/Walk, Corporate Walk and Kids Fun Run

USATF Certified Course # AR07018DLP

ChampionChip timed race

September 27, 2008

9:30 am

Contact:

Tracy Stearns @ (870) 972-4147, (870) 931-0578 or tstearns@sbrmc.org

Join the Cardiology Associates Foundation for The 4th Annual Heart & Sole 5K Run & Walk. This is the 12th event of 14 in the 2008 Ridge Rider Athletic Club's Running & Walking Series. If you fail to return the ChampionChip assigned to you, you will be assessed a \$35.00 fee.

The Heart & Sole 5K will begin and end at 201 East Oak Street, Jonesboro, Arkansas. The course will be out and back with some rolling hills through a well shaded neighborhood in downtown Jonesboro. It will be marked and supervised with volunteers.

**BRUNCH AND LIVE MUSIC AT THE FINISH
INCLUDED WITH YOUR RACE ENTRY FEE
\$5.00 FOR FAMILY/FRIENDS**

Registration on the day of the event will be from 8:00 am to 9:15 am.

Entry fee - \$20.00 if post-marked by September 17, 2008, guaranteed t-shirt sizes/goody bag
\$25.00 post-marked after September 17, 2008 and on the day of the race.

Kids Race (10 & under) – No entry fee. Participants in Kids race can order a T-shirt for
\$10.00 if post-marked by 9/17/08. Indicate size on entry form.

Remaining t-shirts will be given first come, first served until they are gone for participants registering after September 17th. Late registrants are not guaranteed t-shirts or sizes.

Trophies will be awarded to first through fifth overall male and female runners. To the top three male and female master's 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 be awarded to the first through fifth male and female walkers. There will be no age group awards for walkers. Points will also be awarded in the RRAC Running / Walking Series!

For additional information contact:

Tracy Stearns @ (870) 972-4147, (870) 931-0578 or tstearns@sbrmc.org

Emily Lard @ eklfun@aol.com

Or visit The Ridge Rider Athletic Club's website www.ridgerider.org



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ChampionChip timed race

September 27, 2008 at 9:30 am

Entry Form

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Registration on the day of the event will be from 8:00 am to 9:15 am.

The Heart & Sole 5K run & walk will start promptly at 9:30 a.m.

Check one:

- Kids Fun Run (10 & under), Participants in Kids race can order a T-shirt for \$10.00 if post-marked by 9/17/08, indicate t-shirt size below (no entry fee for kids race)
- Runner – You can walk, jog or run the course.
- Walker- YOU MUST WALK, YOU WILL BE DISQUALIFIED IF YOU RUN OR JOG AT ANY TIME.

If you own your personal Championchip, Please List your CHIP ID Number _____.

One person per form. This form may be duplicated.

Please Print Legibly- WE ARE NOT RESPONSIBLE FOR RESULT ERRORS RELATED TO LEGIBILITY

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

Youth t-shirts available to those who pre register only _____ YS _____ YM _____ YL

ENTRIES POSTMARKED BY September 17, 2008 ARE GUARANTEED SHIRTS and SIZES. T-shirts are not guaranteed for ENTRIES POSTMARKED AFTER September 17, 2008. They will be given out first come, first served until gone.

ENTRY FEES:

UP TO SEPTEMBER 17, 2008: \$20.00 AFTER SEPTEMBER 17, 2008: \$25.00

Make checks out to Cardiology Associates Foundation:

Mail to: Tracy Stearns

1309 Locust

Jonesboro, AR 72401

RELEASE AND WAIVER OF LIABILITY

For and in consideration of the acceptance of my registration to participate in the Heart & Sole 5K Run & Walk scheduled for September 27, 2008, I hereby waive, release and discharge in advance Cardiology Associates Foundation, all sponsors AND The Ridge Rider Athletic club of Arkansas, 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 in. 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.**

Signature: _____ Date: _____

Parent's signature if under 18: _____ Date: _____