

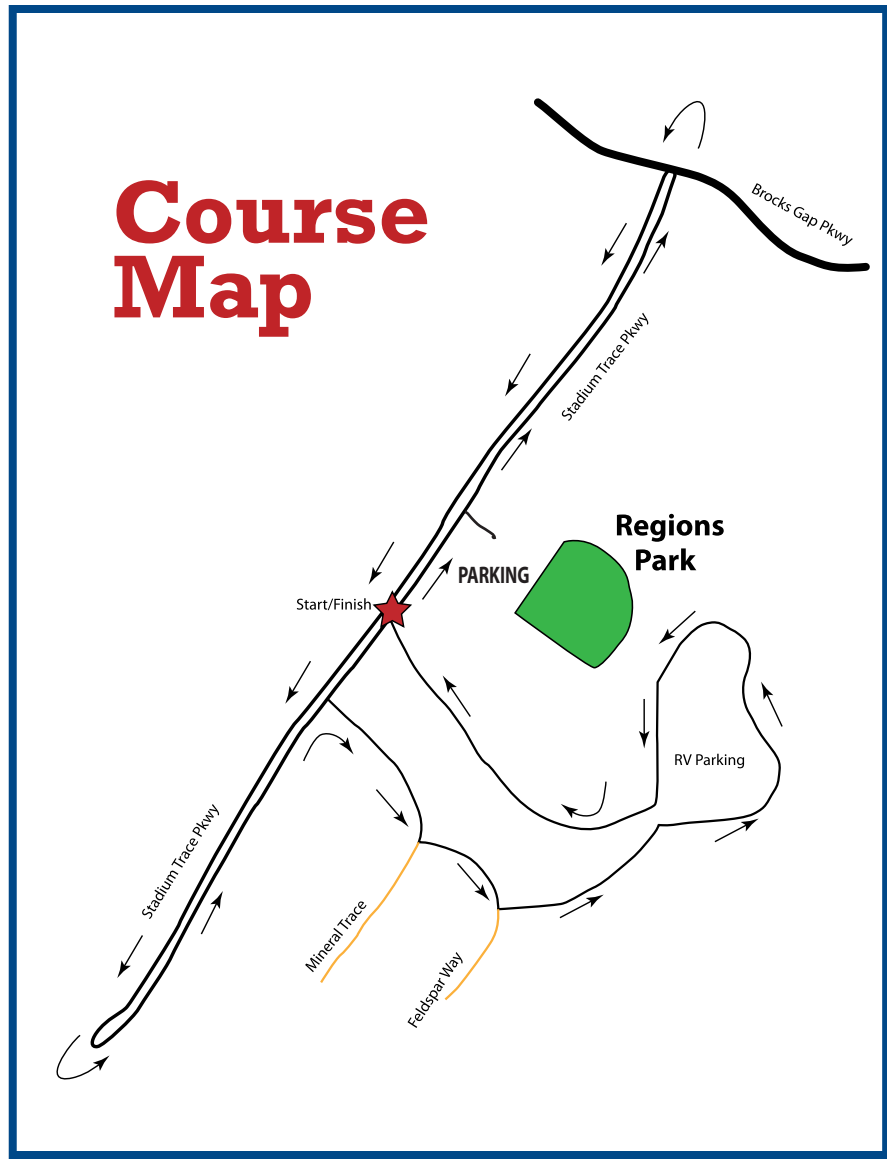
2nd Annual



2008

November 22

Hoover, AL



Hoover Metro Kiwanis Club
P.O. Box 36034 • Hoover, AL 35236
For more information, contact Will Choat
at hooverkiwanis@hotmail.com.

Course Map

The IronBowl Run Event is a Hoover Metro Kiwanis managed race.

For more information, contact Will Choat at hooverkiwanis@hotmail.com.

- 5K Run, \$25 enclosed (\$30 after Nov. 7th)
- 1 Mile Fun Run, \$25 enclosed for individual registration (\$30 after Nov. 7th)
- 1 Mile Fun Run, \$40 for family registration enclosed (\$50 after Nov. 7th) Please attach separate list of all participants

Make checks payable to Hoover Metro Kiwanis, PO Box 36034, Hoover, AL 35236

Male Female Age as of 11-7-08 DOB / /

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone: Work _____ Home _____

T-Shirt Size (available in long sleeve only): Children: Large (14-16) Small Medium Large X-Large 2X Large

**Hold Harmless Agreement must be read and signed on the return side of this form to be eligible to participate.

RACE INFORMATION

Schedule of Events

Participants are encouraged to wear their Alabama or Auburn team colors.

Saturday, November 22nd

- 7:00-7:45 a.m.Late registration and packet pick-up
- 8:00 a.m.....5K Run
- 8:45 a.m.....1 Mile Fun Run
- 9:30 a.m.....Door Prize Give Aways
- 10:00 a.m.Closing Ceremony & Awards

Location

All races will begin at Regions Park located on Stadium Trace Parkway in Hoover.

Directions: Take I-459 towards Tuscaloosa and exit at the Regions Park Stadium #10 exit. Turn left at light and go under I-459 interstate overpass.

At the 3rd traffic light turn right onto Stadium Trace Parkway. Follow Stadium Trace Parkway for about 2-3 miles and the stadium is on the left.

Race Features

- Individual as well as school times monitored and awarded
- Refreshments
- Course Monitored by Hoover Police Department
- Great course and family friendly
- Top runners from in and around Birmingham competing in event

Entry Fees

- Individual fee of \$25 before November 7th (\$30 after November 7th)
- Family Fee of \$40 that covers up to 5 (2 adults + 3 children, all must reside at same address to qualify) before November 7th (\$50 after November 7th)

All proceeds will benefit the Restoration Academy and other local charities serving the children in our community. Restoration Academy is a non-profit, Christ-centered school primarily serving urban, low-income families with children in grades K5-12th. Contributions qualify as tax-deductible (501c3).

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T-Shirts

All participants in race will receive an official long sleeve, 100% cotton Iron Bowl Run T-shirt. T-shirts will be guaranteed to first 200 registered. All others will be ordered for a later pick-up.

Awards

Awards will be presented to the top three overall finishers for the 5K Run in male, female and master's categories. Awards will also be given to top three finishers in each category listed below. (Overall finishers will not be eligible for age group awards.) Note: Award for the walk will not be given in categories, but to overall finishes.

The closing ceremony will follow the Fun Run. A variety of door prizes will be given away to those who attend the awards ceremony. You must be present and also register at the awards ceremony to be eligible to win a door prize.

Individual Age Groups

5K Run Men/Women		1 Mile Fun Run	
Overall	35-39	Overall	
Master	40-44	0-5	
	45-49	6-8	
14-Under	50-54	9-11	
15-19	55-59	12-14	
20-24	60-64	15-Over	
25-29	65 & Up		
30-34			

Packet Pick Up

Mail in/On-line Registration deadline is November 7th. Packets will be picked up at the New Balance Store at 4340 Creekside Avenue Suite 100 in the Patton Creek Shopping Center on Friday, November 21st from 10:00 a.m. - 8:00 p.m.

Sponsors



Birmingham Track Club

- AlphaGraphics
- New Balance
- Regions Bank
- Vulcan Materials
- Crane Works
- Plantation Manor
- Regions Park



Entrant's Signature _____ Date _____
Parent Signature if under 18 _____ Date _____

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Hoover Metro Kiwanis Club, Region's Park, the city of Hoover, or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Hold Harmless Agreement