

8th ANNUAL  
**TROT FOR TOTS**

Sunday, March 8, 2009

**Tike Hike @ 2:00 pm**  
**5K @ 2:30 pm**

**ARMC Medical Services Building**



**Registration / Entry Fees**

\$20 pre-registration (must be received by March 1)

\$25 day of race

\*Online registration available at [www.active.com](http://www.active.com)\*

**Course**

5k - all paved roads in Historic Cobbham District

Finish Line timing provided by Classic Race Services. Results available online within 24 hrs at [www.runningintheusa.com](http://www.runningintheusa.com).

**Age Groups**

10 and 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 and over

**Tike Hike**

A FREE very short walk/crawl/run/stroll warm-up and kids fun "race". Everyone gets a medal!!

T-shirts available for \$5.

**Awards**

T-shirt for all race participants. Awards will be presented to Overall Male/Female and Top Three Finishers in each age group.

**Directions**

**From Westside via Loop:** Exit Prince Avenue and turn left. Turn right onto Talmadge Drive. Turn right onto Pineneedle Drive. Employee Parking Garage entrance is on the right.

**From Eastside via Loop:** Exit Prince Avenue and turn right. Turn right onto Talmadge Drive. Turn right onto Pineneedle Drive. Employee Parking Garage entrance is on the right.

Questions: Will Chamberlin of Classic Race Services at 706-769-6593 or [gwillc@bellsouth.net](mailto:gwillc@bellsouth.net)



Nancy Travis Hope for Babies  
Care for Kids  
P.O. Box 1983  
Athens, GA 30603

Phone: 706-546-1422 ext. 1107

Fax: 706-548-0032

[marie@trinityaccountinggroup.com](mailto:marie@trinityaccountinggroup.com)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Age \_\_\_\_\_  
Gender \_\_\_\_\_

Please return completed form and check to  
NTH 5K @ P.O. Box 1983 Athens, GA 30603

**Please Check Event:**

- 5K  
 Tike Hike (free)  
\* check box at right if you would like a child's shirt for \$5

**T-shirt Size**

- Adult Small     Adult Medium     Adult Large  
 Adult X-Large     Adult XX-Large

**Waiver:** I hereby release the hosts, sponsors, and officials of the Nancy Travis Hope for Babies Care for Kids Trot for Tots 5K and Tike Hike from all claims of injury or damages resulting from participation in said events. I realize that this is a strenuous event, which requires proper physical conditioning. I hereby certify that I am in proper physical condition to participate. I also give my permission for use of my name and/or

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