

# SET YOUR PR! SUPER FAST COURSE WITH BIG DOWNHILL FINISH

## SPARTAN 5K/SPARTAN SPRINT

24<sup>th</sup> Annual Road Race Saturday, February 14, 2009

ATHENS ACADEMY • 1281 Spartan Lane • Athens, GA

### Time/Date

February 14, 2009

5K Run/Walk - 9 a.m.

Spartan Sprint - 10 a.m.

### Location

South of Athens on US 441. Athens Academy campus and surrounding neighborhood. Look for signs.

### Course

**Super Fast-** Big Downhill finish! Large digital clock at finish. Spartan 5K is part of the Run and See Georgia Series. Results posted on [www.runningintheUSA.com](http://www.runningintheUSA.com)

### Entry Fees

\$15 pre-registered - postmarked by 1/31/09

\$20 thereafter and on race day

\$50 Family Rate-Pre-registered ONLY!

Race day registration/race packet pick-up 7:15 a.m.

**Come early - You will be bused to the start**

### T-shirts

Official 2009 cotton Spartan 5K t-shirt for all pre-registered participants and while supplies last to late registrants.

### Awards

Hand painted earthenware to overall male and female winner/masters male and female and to the first three male and female finishers in each age group.

### Age Groups

	Men and Women 5K	
10 & under	30 - 34	55 - 59
11 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 74
25 - 29	50 - 54	75 - over



For more information check our website [www.athensacademy.org](http://www.athensacademy.org) or call Athens Academy 706-549-9225, Will Chamberlin, 706-769-6593  
Registration is also available on [www.active.com](http://www.active.com)



### OFFICIAL ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

I Plan to Run/Walk in the ( ) 5K ( ) Sprint Run ( ) Phantom Runner (you receive only a t-shirt)

Shirt Size: (Circle One) Youth: M L Adult: S M L XL

All checks payable to: **Spartan 5K**

To charge-Please circle one: (Visa or Mastercard) Card # \_\_\_\_\_ exp. date \_\_\_\_\_

Signature \_\_\_\_\_ Mail to: Spartan 5K • P.O. Box 6548 • Athens, GA 30604

**Waiver:** In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials and sponsors of the 2009 Spartan 5K and Spartan Sprint for injury or illness which may result directly or indirectly from my participation. I further state that I am in proper condition to participate in this event. I hereby grant full permission to Athens Academy to use photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Runner's signature

\_\_\_\_\_  
Parent or guardian (if under 18)