

# HARES 'N' HOUNDS 5K

## Schedule of events:

### Pre-Registration/Package pick-up

Friday, March 9<sup>th</sup> 12-4pm  
(At the K-Man store)

### Race Day Registration:

5K - 6:45-7:45 (all ages!!)

1 Mile fun run - 6:45-8:30

1/2-Mile fun run - 6:45-8:45

5K start: 8:00am

1 Mile start: 8:45am

1/2-Mile start: 9:00am

Awards Ceremony: 9:30am

## March 10, 2012

At the Atascadero Lake Park



## Awards:

**5K:** Medals 3 deep in each age group  
Special awards for 1<sup>st</sup> male/female  
AHS alumni

\$500 to the First Place M or F  
who beats the course record  
(Men-14:38, F-17:05)

### 1 Mile and 1/2-Mile Fun Runs:

Medals to all finishers

### Raffle Prizes: LOTS!!!

For any race participant.  
Must be present to win.

**\*\*Course is certified through USA Track & Field\*\***

Fundraiser for **Atascadero Greyhound Athletic Foundation**

For more information email: [HHRaceDirector@teamkman.org](mailto:HHRaceDirector@teamkman.org)

Or check us out at [www.gohounds.org](http://www.gohounds.org)

Application: Mail to: HH 5K c/o K-Woman, 9530 El Camino Real, Atascadero, CA 93422

OR register online at [active.com](http://active.com)



Run with the...



Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age (race day) \_\_\_\_\_ Male/female \_\_\_\_\_ AHS Alumni? \_\_\_\_\_

Email (important for updates) \_\_\_\_\_

Age groups 5K (circle one):

11 & under, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Entry fees (circle your choice)

**5K** \$25 (without shirt) \$35 (with shirt) \*\$30/\$40 after 3/4/2012\*

**1 Mile and/or 1/2-Mile** \$10 each (without shirt) \$20 each (with shirt)  
\*\$15/\$25 after 3/4/2012\*

**\*\*\*Individuals Fundraising to Benefit Kids** Turn in fundraising form to the Atascadero school of choice.

All forms due March 3<sup>rd</sup>. For more information ask your school principal

or contact Donn Clickard at [dandclick@yahoo.com](mailto:dandclick@yahoo.com)

(Please make checks payable to "AGAF")

TOTAL \_\_\_\_\_

Shirt size Adult (circle) XS S M L XL

(Shirt size only guaranteed for entries received by 2/27/11)

Waiver: In consideration of the acceptance of my entry in the Hares N' Hounds run/walks, I hereby waive, release and discharge any and all claims for damages, death, personal injury, disability, or property damages which I may have as a result of my participation in this event. This release is expressly intended to discharge in advance Atascadero High School, Atascadero Greyhound Athletic Foundation, K-Man Cycle and Run, the City of Atascadero, the sponsors, the race committee, the volunteers and any other individuals involved with or contributing to this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature (if entrant is under 18 years) \_\_\_\_\_