

ATASCADERO GREYHOUND FOUNDATION PRESENTS...

HARES 'N' HOUNDS 5K & Fun Runs

Schedule of events:

Pre-Registration/Package pick-up

Friday March 3, 1-5pm
(At the K-Man shop)

Race Day Registration/Pick-Up:

Starts at 6:45am

5K start: 8:00 am

1 Mile start: 8:45 am

1/2-Mile start: 9:00 am

March 2, 2019

At the Atascadero Lake Park

21st Annual



AWARDS:

5K: First overall Male and Female
Ceramic Medals -Top 3 in each age group

First male/female AHS alumni

1 Mile and 1/2-Mile Fun Runs:

Medals to all finishers

Awards Ceremony: 9:30am

*Course certified through USATF

Brought to you by: **ATASCADERO GREYHOUND FOUNDATION**

www.atascaderogreyhoundfoundation.org

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

OR register online at **active.com**



Name (please print) _____

Phone _____ Age (race day) _____ Male/female AHS alumni? YES/NO

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

5K \$30 (Includes cotton blend t-shirt until 2/11/2019)

1 Mile OR 1/2 Mile \$15 each (includes cotton blend t-shirt until 2/11/2019)

AFTER 2/11/2019 T-SHIRTS CAN ONLY BE PURCHASED ONLINE FOR \$25 (through active.com, includes shipping)

(Please make checks payable to "AGF")

TOTAL _____

Shirt size (circle size) Youth: Medium Large or Adult: XS S M L XL XXL

(For entries turned in by 2/11/2019 ONLY)

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 Foundation, K-Man Cycle and Run, K-Man Cyclery, 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) _____