

The Birmingham Track Club Presents

Saturday, February 25, 2012

All Races begin at 9:00am



The 34th Adam's Heart Runs

5K-10K-10Mile

◆ **10-mile course is USATF Certified** ◆

Date: Saturday, February 25, 2012	Fees: \$20.00 mail postmark by 2/21/12
Place: Oak Mountain State Park: Dogwood Pavillion	\$20.00 on line. Register by 2/23/12
Race Time: 9:00am CST	
On-line Registration: www.raceit.com	\$25.00 on site race day registration.
Registration Begins: 7:30am CST	Family Registration: \$15/adult and \$9/youth *
	* Pre-register only. Same household, youth <= 18yrs
Inquire: tomscale@gmail.com	Pay Checks to: Heart Run
Contact Info: Tom Scales, 205-215-1193	Send Form to: Rick Melanson, 5365 Creekside Loop
AHR Website: www.btcclassic.com	Hoover AL 35244

Expected Race Weather:

February weather in Shelby County varies a lot. Past temperatures have ranged from the 60s to below freezing. Please check weather forecasts closer to race day.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one: 5K 10K 10 Mile

Name: _____ **Age:** _____ **Sex:** _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

T-Shirt Size: _____ **Email** _____

Checks payable to : Heart Run. **Remit to:** Rick Melanson, 5365 Creekside Loop , Hoover AL 35244

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent (if under 18 years old)