

"Forever Young" 2009

10K Run & 2 Mile non-competitive Walk

☞ in memory of Charlie Young ☞

Sunday April 5th

9:00am

This event is for FUN!

(it will not be timed)

No age-group awards this year.

Prizes will go to the first three finishers Male / Female in the following categories only:

Youth: 1-39

Masters: 40-49

Grand-Masters: 50-59

Seniors: 60+

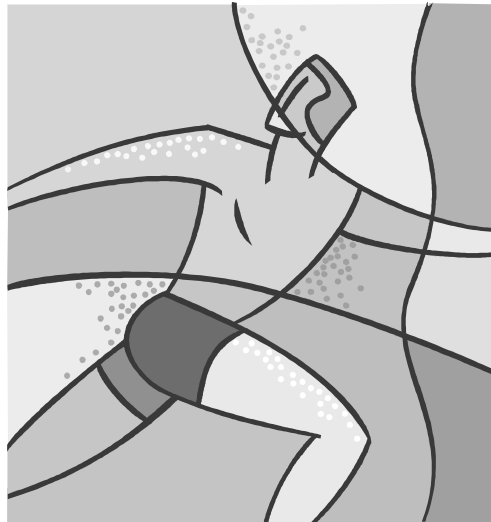
This is a loop course, cross country on hills.

Take I-25 north to Exit 242, go 2.1 miles East on Hwy 165. Start is approximately 1/2 mile East of Homestead Village shopping mall (which is on the north side of the road). Start area is on the South side of the road.

Sponsored by: Albuquerque Road Runners

For more information, contact:

Alan Overmier 345-3261 or 254-2218



In honor of Charlie, who usually ran shirtless, a \$2.00 discount will be given to those who run shirtless (not topless).
To be given at the finish line.

Entry Fees:

Pre-registered: **\$22.00**
\$20.00 ARR Members

Race Day: **\$28.00**
Runners who are 70years + - **FREE!** -but please register

Each participant will receive a commemorative cobalt blue coffee mug. They're beautiful!
There will be food and music, too!

Mail this form and entry fee to:
Alan Overmier 309 14th Street SW
Albuquerque, NM 87102
Checks to: Albuquerque Road Runners
or register in person at ABQ Running on Tramway or Heart & Sole on San Mateo or Fleet Feet on Menaul
or www.Active.com
Deadline is April 1, 2009

Name _____

Address _____

Phone _____

Age on race day: _____ Sex: _____

10K _____ Walk _____

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Albuquerque Road Runners, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of Forever Young, for any injuries or damages I may sustain as a race participant on April 5, 2009. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at "Forever Young", and I agree that such volunteer medical assistance may be rendered to me.

Signature Date

Signature of Parent or guardian Date
if under 18 years of age.