

Official Midnight Run Entry Form

Name _____
 Address _____

City _____ State _____
 Zip _____ Sex F M
 Phone _____

Shirts S M L XL XXL
 (Adult sizes only)

Age Division

8 & Under _____	9-14 _____	15-19 _____
20-24 _____	25-29 _____	30-34 _____
35-39 _____	40-44 _____	45-49 _____
50-54 _____	55-59 _____	60-64 _____
65-69 _____	70 & up _____	

I realize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being 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 City of Cullman Police, Fire and Parks and Recreation Departments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this 5K Midnight Run.

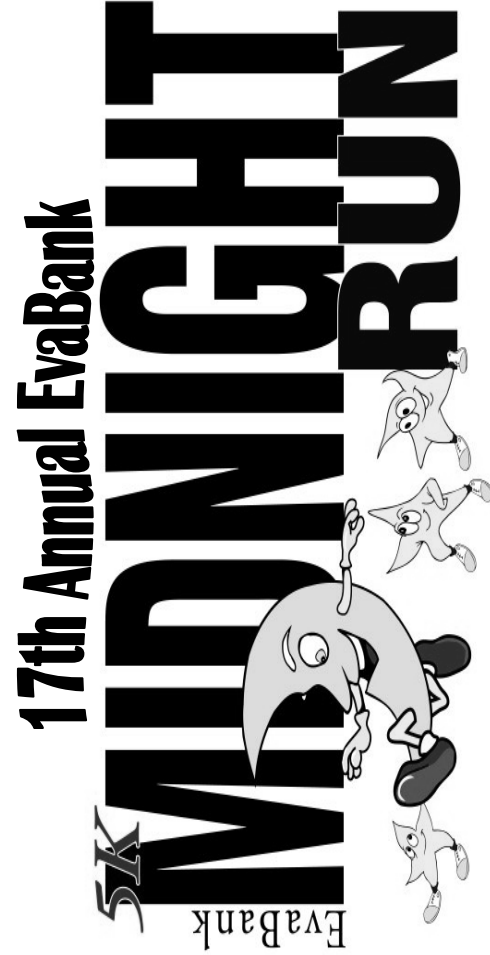
Signature _____ Date _____
 (of parent if under 18)

Office Use Only
 Entry # _____ Shirt Size _____



P.O. Box 788
 Cullman, Alabama 35056-0788

Phone 256-734-9157
 Fax 256-734-6437
 Web www.cullmanrecreation.org



11:59 p.m. • Friday, August 14, 2009 • Cullman Civic Center
Presented by Cullman City Parks and Recreation

This course is USATF certified (AL99011JD).

General Information

Course

The course starts and finishes at the Cullman Civic Center. It is a fairly flat course with a slight incline midway through the race and one as you are finishing. The course is well-lit and streets will be blocked and protected by Cullman Police and Reserve Officers.

Splits/Aid Stations

There will be splits at every mile mark. Aid Stations are located at the Start/Finish Line at the Cullman Civic Center and near the half-way mark at Heritage Park.

Entry Fees

The entry fee is \$15 per person by August 12, 2009 and \$20 on August 13-14, 2009. T-shirts will be given to the first 400 registered runners.

Pre-Registration

Runners may pre-register by completing and mailing the Official Entry Form in this brochure with the entry fee to:

Cullman City Parks and Recreation
Midnight Run
P.O. Box 788
Cullman, AL 35056

Pre-registration will be accepted through August 12, 2009. Fees must be received with entry forms.

NO PHONE ENTRIES WILL BE ACCEPTED. If using credit cards, please download the form from the website www.cullmanrecreation.org

General Information

and fax to 256-734-6437 with credit card information on it.

Late Registration

Late Registration will be accepted **ONLY** at the Cullman Civic Center on August 13-14, 2009, from 8 a.m.-5 p.m. Late Registration Fee is \$20. No fax or phone entries will be accepted.

Race-Day Registration/Check-In

Race-Day Registration will be held on August 14 from 10:00 p.m. until 11:45 p.m. at the Cullman Civic Center. Race-Day Registration Fee is \$20. Runners must check-in on race day from 10:00 p.m.-11:45 p.m. in the Civic Center. You may be asked to show picture ID, so please have it available.

Goody Bags

Goody Bags with t-shirts will be given to runners at Check-In.

Race Awards & Live Entertainment

Entertainment will be from 11:00-11:45 and 12:15 until the awards presentation. Overall Male and Female winners will receive \$100. Masters Male and Female winners will receive \$75. Medals will go to the 1st, 2nd and 3rd place winners in all age divisions. *No duplication of awards.*

The Course Layout

The course is USATF certified (AL99011JD). The course is the same as last year. There is a slight incline on Main Avenue and one as you are finishing on 5th Street. The solid black arrows indicate retracing part of 7th Street, 3rd Avenue and 5th Street to finish. The finish line is in the West parking area of the Cullman

Midnight Run Course/Directions

Directions to the Cullman Civic Center

From I-65, take Exit 308. Turn onto HWY 278 going east, away from the Cullman Flea Market. Continue on to the second red light. Turn right onto Main Avenue and then left onto 6th Street. This will take you into the back parking lot of the Civic Center. Please do not park between NAPA Auto Parts and

