



The Rome Runners Club Presents the
 23rd Annual
ROMAN RUMBLE
 5K Road Race
 and 2-Mile Health Walk
 Saturday, September 19, 2009 at 8:00 AM

- LOCATION:** Race begins and ends at Ridge Ferry Park Shoals Entrance off Riverside Parkway.
- COURSE:** No Public Roads! Race will follow a scenic paved path along the Oostanaula River.
 USATF Certification #GA08012WC
- REGISTRATION:** Runners may pre-register by mail (post marked by 9/12) for \$15 or race day for \$20. Registration for walkers is \$10. You may also register online at www.active.com until 9/15.
 Proceeds benefit Rome and Floyd County Habitat for Humanity.
- T-SHIRTS:** Pre-registered runners and walkers will receive a t-shirt (size not guaranteed).
- 5K AWARDS:** Male and Female - 1st place for Overall, Masters (40 & Over), and GrandMasters (50 & Over);
 1st, 2nd, and 3rd in each age group (10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over)
- SCHEDULE:** 7:00 - 7:45 am - Race Day Registration; 8:00 am - 5K ; 8:02 am - 2-Mile Health Walk
- RESULTS:** Published in the *Rome News-Tribune*, *Running Journal*, *Georgia Runner*; and at
www.romerunnersclub.org.
- PRE-RACE PACKET PICKUP:** *Avoid the crowds! Pre-registered runners may pick up race packets and numbers on Friday, September 18th, from 4:00 pm until 6:00 pm at Pro Performance, 314 East First Avenue*
- For information contact:** Donna Blackburn at 706-291-0605 or 706-676-2858 or by email at apeppercat@bellsouth.net or visit www.RomeRunnersClub.org.



ATTENTION: Please read carefully and print all information. Waiver must be signed. If under 18 years of age, applicant must have signature of parent or guardian in addition to his/her own. Illegible or incomplete entries will not be accepted. No refunds. Race will be held rain or shine. Bicycles, skateboards, baby joggers or strollers, roller skates or inline skates, and other wheeled conveyances, radio headsets, and animals are not permitted due to insurance considerations.

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Roman Rumble 2009 - September 19, 2009
 Circle One: 5K Race 2 Mile Walk



Mail entry form and checks payable to:
Rome Runners Club
 P.O. Box 152
 Rome, GA 30162-0152

Name: _____ Age: _____ Date of Birth: _____ Gender: M F
Circle One

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____ Shirt size: YM S M L XL XXL
Circle One

Waiver:

I know 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 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 this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, 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 Rome Runner's Club and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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.
 I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

 Signature Date Parent/Guardian (If under 18) Date