

Al Toll Memorial 5K and 15K Road Races

Macon, Feb. 8, 2020
Register online at www.macontracks.org



Please join us for the 36th Annual Al Toll Memorial Road Race. The 5K is an out-and-back and the 15K is a rolling loop with pleasant scenery and plenty of hills. Both races are open to all ages. The 5K starts at 8:30 a.m. and the 15K at 9:00 a.m.

WHERE: Races will begin at the Academy for Classical Education, 5665 New Forsyth Road. From I-75, take the Bass Road exit and turn left (coming from Atlanta) or right (coming from downtown Macon). Turn left at the 4-way stop (New Forsyth Rd) and then turn right onto the school campus. Race day registration and packet pick-up will be inside.

AWARDS: Custom long-sleeved shirts to participants while supplies last. Awards will be given to males and females: the first 3 overall finishers in each race; the first masters in the each race; and the first 3 finishers in age groups 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+. Awards must be claimed at the awards ceremony on race day.

REGISTRATION: Early Registration is \$20 for one race, \$35 for both with 1 shirt. Macon Tracks members receive \$1 off when pre-registering. Online registration is available with no service fee at www.macontracks.org through Feb. 7th. Mailed registrations must be postmarked by February 1st. Race day registration will be \$25.00. Register online or mail your check, made payable to Macon Tracks Running Club, to: P.O. Box 26455, Macon, GA 31221. For more information, go to www.macontracks.org.

Thanks to our sponsors:



The Academy for Classical Education

Name:	Sex:	Age on race day:
Address:	Race (circle one): 5K or 15K , Both	
City:	State:	Zip:
E-mail address:	Phone:	
Shirt size (circle one): Youth-Med Small Medium Large XL 2XL (add \$2)		

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. 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, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals, are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Macon Tracks Running Club, Macon-Bibb Co, and the Road Runners Club of America, all event 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 my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Runner's Signature _____ Date _____
(Guardian if runner is younger than 18)