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24TH ANNUAL
**PRUINER
WOODS**
NOVEMBER 6, 2005
MOUNDS STATE PARK, ANDERSON, INDIANA



Sunday, November 6, 2005

CHILDREN'S FUN RUN

1:30 P.M.

5 MILE RUN

5K COMPETITIVE WALK

2:00 P.M.

Anderson Road Runners Club
PO Box 282
Anderson, IN 46015

24TH ANNUAL
**RUN THE
MOUNDS**
NOVEMBER 6, 2005
MOUNDS STATE PARK, ANDERSON, INDIANA

Race

Children's Fun Run • 1:30 p.m.
(A FREE non-competitive run. No shirt included.)

5 Mile Run/5K Walk • 2:00 p.m.
Mounds State Park East of Anderson on Mounds Road

See our website for directions to Mounds State Park.
www.andersonroadrunners.org

Race Day Registration and Packet Pickup

12 noon to 1:45 p.m. at the Mounds Park Swimming Pool.

\$25 includes a sweatshirt
\$10 no sweatshirt
\$ 5 High School/Middle School Cross Country Runner -
no sweatshirt

Because of the costs involved, a limited number of shirts will be available race day. If we need to print more shirts arrangements must be made for pick-up.

Sweatshirts will not be mailed. *Only entries received by October 29th will be guaranteed a shirt!*

Parking at Mounds is limited. Arrive early to avoid problems. Please follow directions of park employees.

The Artist

Photograph by Bob Wehrly

Design

Design by Gaylen Scott

Race Director

Bob Kearns
(765) 643-7824 or 617-2111
bob.elsie@juno.com

100% Trails and Grass. No Blacktop.

The Course

Both the 5 Mile/5K courses start on the grass, then utilize the trail system. The trail has ruts, rocks, stumps, roots and leaves, and other naturally occurring debris on it. Under certain conditions runners might also encounter water hazards and slippery or icy conditions.

Awards & Refreshments

Awards will be presented to the overall male and female, as well as the overall Masters male and female, plus 3 deep in each age division. No duplicate awards. Awards will be presented at approximately 3:30 p.m. in the park pavilion. Refreshments will be served.

Walkers

For walkers, judged race walking conventions apply. Requirements are continuous contact with the ground and straight locked knee in stride motion - no running. Walkers will be disqualified if not adhering to standards. Decision of the judges are final.

Running Divisions

11 & under 12-14
15-18 19-29
30-34 35-39
40-44 45-49
50-54 55-59
60-64 65-69
70-Over

Heavyweight
190+ (men only)

Walking Divisions

39 & under
40-44 45-49
50-54 55-59
60-64 65-69
70-Over

Results

Complete race results will be posted on our website within a few days of the event.
www.andersonroadrunners.org



Sanctioning provided by:
Road Runners Club of America

Registration Form

5 Mile Run 5K Walk
(Check One)

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Sex: M F

Age _____ or Heavyweight (190 lbs.) _____

Birthdate _____

Email Address _____

www.andersonroadrunners.org

Shirt Size (circle one)

M L XL No Sweatshirt

Race with Sweatshirt

\$18 Pre-Registered by October 29, 2005

A A R C Members \$17 - by October 29, 2005

\$25 Race Day

Without Sweatshirt

\$10 Pre-Registered or Race Day

\$5 High School/Middle School XC Runners

Please make checks payable & send to:

Anderson Road Runners Club

P.O. Box 282

Anderson, IN 46015

• PLEASE SIGN WAIVER BELOW •

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees do hereby release and discharge the Anderson Road Runners Club and any other business or group affiliated with this race, their officers, agents, and employees from all claims or damages, demands, acts of God or actions whatsoever in any manner arising or growing out of my participation in the Run the Mounds. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event.

Signature

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RUN THE MOUNDS
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Jennifer Bridges, C.M.T.

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A Special Thanks to James Davis and the Staff of Mounds State Park for their help in coordinating this event. Part of any proceeds from the race are donated to Mounds Park.