

# RUN THE MOUNDS

**28th Annual November 1, 2009 Race**

**Children's Fun Run** • Meet 1:20 p.m. at Pool House  
race 1:30 p.m. Start  
(A FREE non-competitive run. No shirt included.)

**5 Mile Run** • 2:00 p.m. Start • In front of park "Woodland Shelter"

**5K Competitive Walk** • 2:05P.M. Start – In front of Park  
"Woodland Shelter"

See our website for directions to Mounds State Park.  
[www.andersonroadrunners.org](http://www.andersonroadrunners.org)

## Race Day Registration and Packet Pick-up

Pre-registered packet pick-up on south side of Park Pool House  
12 noon to 1:50 p.m. at the Mounds Park Swimming Pool

### Race Day Registration

Registration from 12:00P.M. to 1:45P.M. at the pool house in front  
of the Mounds Park Swimming Pool

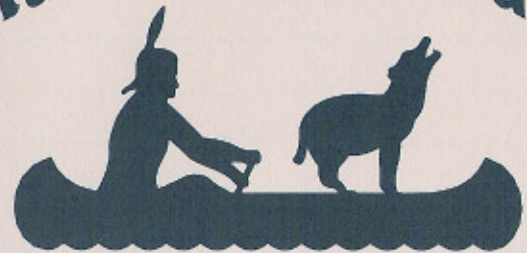
\$20 no shirt

\$5 Middle School/ High School XC Runners – No Shirt

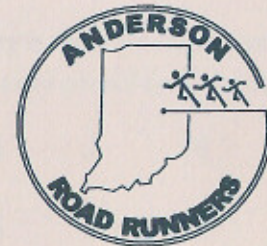
Because of the costs involved, there will be no current year shirts  
available to purchase or order the day of the race. Shirts will not  
be mailed. Only entries received in the mail on or before Oct 12,  
2009 will be guaranteed a shirt!!!!!!!

Parking at Mounds State Park is limited. Arrive early to avoid  
problems. Please follow the directions of Park Employees and  
race volunteers.

# Run The Mounds



**28th ANNUAL**  **NOV. 1, 2009**



**Sunday, November 1, 2009**

## Children's Fun Run

**1:30 P.M.**

## 5 Mile Run

**2:00 P.M. Start**

## 5K Competitive Walk

**2:05 P.M. Start**

**Anderson Road Runners**

[www.andersonroadrunners.org](http://www.andersonroadrunners.org)

**Race Directors ~ WrayJean Cornwell, Greg Smith**

[gbsmith1@comcast.net](mailto:gbsmith1@comcast.net)

**765-778-7087**

# 2009 Registration Form

5 Mile Run

5 K Walk

(Check one)

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Sex: M F

Age (11/1/09) \_\_\_\_\_ or Heavyweight(200 lbs. +) \_\_\_\_\_

Birthdate \_\_\_\_\_

[www.andersonroadrunners.org](http://www.andersonroadrunners.org)

**Shirt Size** (Circle one) Mens or Ladies Sizes Available  
Runners Reward Zoom Long Sleeve Moisture Wicking

**Ladies**      **S**          **M**          **L**          **XL**

**Mens**          **S**          **M**          **L**          **XL**          **XXL**

## Race with Runners Reward Shirt

\$25 Pre-registered by October 12, 2009

ARRC Members \$22 – Pre-Registered by October 12, 2009

## Race Without Shirt

\$15 Pre-Registered by October 29, 2009 \$20 after 10/29 and on race day

\$5 High School/ Middle School XC Runners – No Shirt

Please make checks payable and send to:

**Anderson Road Runners Club**  
208 Haverhill Drive  
Anderson, IN 46013

### \*\*\* Must Sign or Parent or Guardian 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 the event.

Signature: P participant or Parent or Guardian (Required)

99% Trails and Grass. 1% 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 mud, water hazards and slippery or icy conditions.

## Awards & Refreshments

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

## 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. Decisions of the judges are final.

## Running Divisions

11& Under    12-14  
15-18        19-24  
25-29        30-34  
35-39        40-44  
45-49        50-54  
55-59        60-64  
65-69        70-74  
75-79        80 - Over  
Heavyweight 190+lb  
(men only)

## Walking Divisions

29 & Under  
30-34        35-39  
40-44        45-49  
50-54        55-59  
60-64        65-69  
70-74        75 & Over

## Results

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

[www.andersonroadrunners.org](http://www.andersonroadrunners.org)



Sanctioning provided by:  
**Road Runners Club of America**

# Our Sponsors

RUNNING  COMPANY

**Dr. Ron Harmening, M.D.**  
**Surgical Associates of Madison County**  
**Surbaugh and Sons Realtors**  
**The Herald Bulletin**  
**Art's Trim Shop**  
**Boy Scout Troup 249**



**Nestlé**



**MC SPORTS**



Race Directors ~ WrayJean Cornwell, Greg Smith  
765.778.7087

[gbsmith1@comcast.net](mailto:gbsmith1@comcast.net)

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.

Presorted  
Standard  
U.S. Postage Paid  
Anderson, IN  
Permit No. 992

Anderson Road Runners Club  
P.O. Box 282  
Anderson, IN 46015

