

**For all the details of the 2010 Crowdad
Days 5K/10K Run/Walk, please see the
enclosed information sheet or log on to
www.narmc.com**

**PRE-REGISTER ONLINE AT
WWW.NARMC.COM**

**FOR MORE INFORMATION:
CALL 870-414-4440 FROM
6:30 AM. TO 4:30 P.M.
MONDAY-FRIDAY**

Thank you to our Sponsors!



CRAWDAD DAYS 5K/10K RUN/WALK – ENTRY FORM

(Age on May 15, 2010)

Name _____ Birth date _____

5K Run 5K Walk 10K Crowdad Crawl (free shirt not included w/ crawl)
(check one)

Gender _____ Age _____ Corporate Team _____

(ONLY IF APPLICABLE)

Address _____

City, State, Zip _____

Day Phone () _____ Evening Phone () _____ Cell Phone () _____

Tank or T-Shirt (circle one) Shirt Size – (circle one) YS YM YL S M L XL XXL

(Tank not available in Child Sizes)

**OPTIONAL Tech Shirt Men's or Women's (circle one) and Size (circle one) S M L XL XXL
There is an additional charge of \$20 for a Tech Shirt. You will also get a regular t-shirt/tank free when you register for the race.**

RACE RELEASE (must be signed and submitted on or before registration).

I understand that my name and address will be released to ArkansasRunner.com for marketing purposes. I know that participation in races are potentially hazardous activities. I should not enter and participate in this race 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 race. I assume all risks associated with participation including but not limited to falls, contact with other participants, the effects of 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 Crowdad Days 5K Run/Walk, the City of Harrison, ArkansasRunner.com, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Participant Signature _____

Guardian Signature (if under 18) _____

Participant's Email Address _____

- Special thanks to Harrison Parks and Recreation for use of the concession stand *

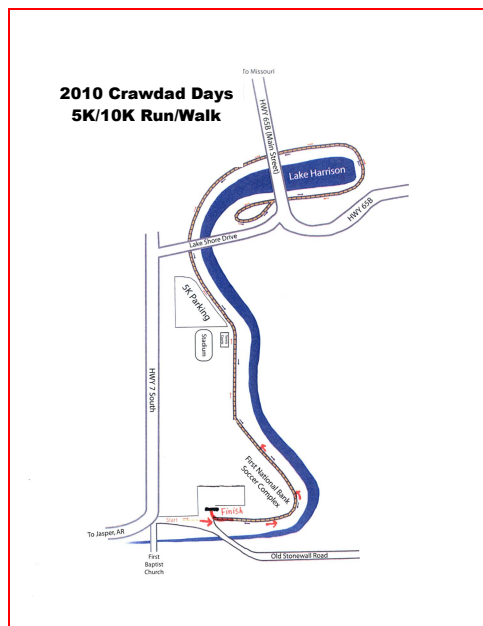
Mail Entry Form (above) and entry fee to: Christy Hawkins
North Arkansas Regional Medical Center
620 N Main, Harrison, AR 72601
For further information call 870-414-4440

PLEASE READ THOROUGHLY

Crawdad Days 2010 5K/10K Run/Walk Information Sheet
Saturday, May 15th, 2010, 7:30 a.m. for 10K and 8:00 a.m. for 5K

- The race is Saturday, May 15th. The 10K begins at 7:30 a.m. SHARP and the 5K begins at 8:00 a.m. SHARP both end at 9:15 a.m.
- If you do not pre-register, you will need to register on race day from 6:45 a.m. to 7:15 a.m. at the First National Bank Soccer Complex Concession Area.
- Pre-Registration is from now until Friday, May 7th **NO EXCEPTIONS!**
- Pre-Registration price for the 5K Adults 20 and over is \$20.
- Pre-Registration price for the 5K Students 19 and under is \$15.
- Pre-Registration price for the 10K (all ages) is \$25.
- Any entry forms post-marked **after** Friday May 7th will be \$3 for the Crawdad Crawl, \$25 for the 5K and \$30 for the 10K; if you only send the pre-registration price, you will owe the additional money on race day.
- There is no fee for the Crawdad Crawl, **if** pre-registered by Friday May 7th.
- Crawdad Crawl – This race is for kids 0-4 and 5-9. This race will begin immediately following the 5K Run/Walk, 9:15 a.m. Parents may accompany young children. A t-shirt is not included, but may be purchased for \$10.00. This event is free if pre-registered. It will be \$3.00 on the day of the race.
- Divisions will be: Runner:Male, Runner:Female, Walker:Male, Walker:Female, and Crawdad Crawl.
- Age Groups: 1-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & Over
- You may mail your entry form to NARMC, 620 N. Main, Harrison, AR 72601. Attention: Christy Hawkins. Please make checks payable to NARMC.
- You may pre-register at www.narmc.com (Corporate Teams aren't eligible for online registration)
- Only entry forms that are post-marked on or before Friday May 7th will receive a shirt on race day – Saturday May 15th. All entries post-marked after May 7th will get their shirts mailed to them after the race.
- Absolutely no registrations accepted by phone or fax, due to the fact that money is collected at the time of registration.
- **We will be holding an early Pick Up/Registration on Friday, May 14th, from 3:00 to 7:00 p.m. at the First National Bank Soccer Complex. If you pre-registered by Friday May 7th, you may pick up your t-shirt and bib number at that time. If you have not pre-registered, you may register and pick up your bib number, day of fees will apply. CORPORATE TEAMS ARE ALLOWED TO PICK UP THEIR T-SHIRTS BUT NOT THEIR BIB NUMBERS ON FRIDAY NIGHT, DUE TO THE FACT THAT THEY HAVE TO CHECK IN ON SATURDAY MORNING, TO BE COUNTED, AT WHICH TIME THEY CAN PICK UP THEIR BIB.**
- Each pre-registered participant must sign for their own t-shirt and bib number in person. Your signature is required. Corporate Teams are only allowed to pick up their t-shirts at early registration.
- If you pick up your bib number on Friday, May 14th, you must bring it with you to the race. If you forget your bib number, you can not compete in the race. **You may still participate, just not compete.** No exceptions. When you sign for your t-shirt and bib number you are stating you understand that if you forget your bib number on race day, you will not be able to compete.
- **All participants and friends/family members must park vehicles in the Junior High School parking lot. Parking is not allowed in the soccer field parking lot due to the location of the race finish line.**
- **5K awards will be presented to Overall Male and Female Winners and to the 1st, 2nd, and 3rd place participants in each age division for walkers and runners.**
- **10K awards will be presented to the 1st, 2nd, and 3rd place male and female. 6 awards total.**
- The traveling corporate plaque will be awarded to the Corporate Team with the **most participants.**
- Shirts – all 5K/10K participants will receive a Crawdad Days Run/Walk T-shirt or tank top. (Tank tops not available for kids.) Additional T-shirts or tank tops (for adults) may be purchased for \$12 each, \$10.00 for kids. (Size subject to availability). **PLEASE MARK YOUR PREFERENCE OF TANK OR T-SHIRT ALONG WITH THE SIZE ON THE ENTRY FORM!**
- Also, you have the option to purchase a tech shirt for \$20 if you choose. If you do want a tech shirt, please mark Men's or Women's and your size on the entry form. If you order a tech shirt you will also get a regular t-shirt/tank as well just for registering for the race, so please mark tank or t-shirt and your appropriate size for that too.
- Please place your race number on the FRONT of your shirt. Pin to your shirt using the two large holes at the top of the bib. **DO NOT pin the bottom hole.**

- DO NOT remove your race number from the FRONT of your shirt at any time, even after you finish the race. We need these left on for winning photos.
- DO NOT tear off the tag on the bottom of your race number. This is torn off as you cross the finish line.
- Walkers CANNOT run. Any walker that jogs or runs any portion of the race will be disqualified from the walking competition.
- Walkers CANNOT sprint to the finish line.
- Runners CAN walk.
- Always stay to the right of the trail; runners CAN pass on the left. Walkers PLEASE yield to runners.
- There will be two water stations along the course and at the start/finish. Refreshments will also be available at the start/finish.
- When crossing the finish line, stay in order.
- You can only cross the finish line one time.
- **ABSOLUTELY NO FRIENDS OR FAMILY MEMBERS ARE ALLOWED IN THE FINISH LINE FUNNELING AREA.** They are welcome to stay off to the side to see you cross the finish line and to take pictures, but not in front of the finish line. This causes too much congestion. **PLEASE** make them aware of this.
- There will be no ties; someone must win when crossing the finish line.
- One mile and two mile timers will be announcing times as you pass.
- Watch for race guides along the course for questions, directions, and encouragement. They will have STAFF T-shirts on.
- The course will be around Lake Harrison, beginning and ending at the Soccer Complex. (Course subject to change.)



- **Corporate Team Information:**
 - Must appoint a Team Captain to be the contact person for their team.
 - Must have a MINIMUM of 20 runners/walkers to compete as a team. (Crawl participants CANNOT count towards your 20.)
 - Discount on entry fee: \$15.00 – Entry fee includes a T-shirt (or the option of a Tank if pre-registered)
 - We must receive entry forms for all 20+ Corporate Team members at the same time. Please wait until you have all participants' forms before bringing/mailing them in.
 - **Only** Corporate Teams whose entry forms are brought in or post-marked by Friday May 7th will have a shirt on race day. Otherwise your shirts will be mailed to you after the race.
 - **Corporate Teams are not eligible for online registration or bib pick-up on Friday, May 14th.**
 - **Winning team will be the one with the most participants that PARTICIPATE in the race, not the team with the most signed up. Winning team will receive a traveling plaque.**
- **NO PETS**
- **You can view and purchase race photos online at www.pricelessjules.com after the race.**
- Door prizes will not be offered this year.