Asheville Christian Academy
7th Annual LION RUN
5K and 1 Mile Fun Run
Saturday, October 12, 2013

Welcome: All runners who enjoy a flat, off-road, green grass and wood-chip trails in scenic beauty

Location: ACA campus at 74 Riverwood Road in Swannanoa, NC

Entry Fee: **5K Adults (ages 16 and up) .....$20 ($30 on Race Day)**
5K Youth (ages 15 and under).....$15 ($25 on Race Day)
Fun Run (all ages) .....$ 5 ($10 on Race Day)
***Former ACA Varsity Cross Country teams members – no entry charge but you must register.*

Fitted T-shirts for 5K race only in proper size guaranteed with registrations made by October 1. Race Day registrants are not guaranteed a shirt of any size.

Cold drinks and snacks provided for runners after the race. There will be one water-stop half-way through the course.

Schedule: **Packet Pickup** - 5:00-7:00 p.m. on Friday, October 11 in the ACA Athletic office or on Saturday, October 12 from 7:30-8:30 a.m.
5K begins promptly at 9:00 a.m. Fun Run begins at 10:00 a.m.

Awards: **5K** - Top three finishers, male and female in age groups (10 & under, 11-12 yrs,13-15 yrs, 16-19 yrs, 20-29 yrs, 30-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70+)
Special award to top male and female ACA Cross Country Alumni
Fun Run – non-competitive run/jog/walk – no awards but finishers will receive a ribbon

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Complete and mail, along with payment to: ACA, Attn. LION RUN, P.O. Box 1089, Swannanoa, NC 28778

First Name _____ *Last Name* _____ *Male/Female*

Address _____

E-Mail Address _____ *Phone* _____

Age on October 12, 2013 _____

CIRCLE RACE in which you plan to participate: 5K Fun Run

CIRCLE T-shirt size for 5K race runners only – NOTE these are premium fitted styles in adult men's and women's sizes only – no youth sizes available

WOMEN:	Small	Medium	Large	XL	XXL		
MEN:	X Small	Small	Medium	Large	XL	XXL	XXXL

Amount Enclosed $ _____ (Make check payable to Asheville Christian Academy and note LION RUN)

☐ Please check here if you are a former ACA cross country team member (no charge for entry)

Waiver: Upon acceptance of my entry, I for myself, my heirs, and assigns hereby release sponsors, volunteers, race officials, and Asheville Christian Academy from all liability arising from illness, injury, or death that I may suffer from participating in this event. I attest that I am physically fit and have trained for this event and I am aware that participation in this event could result in physical injury. I understand that the entry fee I pay is non-refundable.

Signature of runner (or parent/guardian if under age 18)_____