



The Chestnut Chase

COACH, CLUB & ALUM ANNIVERSARY RUN

August 4, 2018 - 9AM Milton HS XC Course



Join us this summer to celebrate Coach Matthew's more than 10 years of youth coaching. Come recognize his untold hours & miles, his work on behalf of our sport, and his commitment to the club & alum. Race timed by Perfect Timing. 1k, 3k & 5k races. (This isn't a surprise...Coach is excited to celebrate!)

Race artwork by Carleigh Hyser, ACRC Alumni.

****Even if you can't participate feel free to mail in a note and/or picture.****

| | | | |
|----------------------|---|---|--|
| Race schedule | 8:00 Regis & Bib Pickup 8:45 Regis closed 9:00 1k Fun run 9:30 3k/5k Run 10:45 Awards | Race location & parking | Milton HS 13025 Birmingham Hwy, Milton GA 30004 |
| Registration* | <ul style="list-style-type: none">Go to: runsignup.com/TheChestnutChaseRace day (in person)- check or cashMail check* by July 16 to: Fravel, 515 Hembree Grove Overlook, Roswell GA 30076 | 5k awards Top 3 M/F in each category | Overall & Masters 8&under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60+ 1k- all runners will receive a wristband 3k- only the 20 top will receive medals |
| Contacts | Gary Fravel gfravel@gmail.com | Fees | \$25 per entry (includes tshirt, race entry, and post-race hot dog) |

*Checks payable to: Alpha Crush Running Club

📄 Detach and mail-in slip below. Keep the top portion as your reminder. 📄

Every participant must submit a signed form.

This is a private event for friends of Coach Matthew & the club.

Name: _____

ACRC Parent/Athlete/Friend? _____ #ofSeasons? _____ Did you coach? _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

Shirt Size: XS S M L XL XXL

Race: 1k 3k 5k

Age on day of race: _____ Gender: M F

Waiver: By submitting this entry, 1) I waive any/all claims by me and my heirs against officials, sponsors, volunteers of the Alpha Crush Running Club Chestnut Chase Coach, Club and Alum Anniversary Run, and Milton High School for illness or injury resulting directly/indirectly from my participation. 2) I am in proper physical condition to participate. 3) I permit use of all my registration information, pictures, video or other accounts of this event without compensation. 4) My entry cannot be refunded.

Signature (guardian if under 18): _____ Date: _____