



37th Running of ARK 5K Classic Sept. 1st, 2018 7:30 AM



Crystal Hill Elementary School
5001 Northshore Drive, North Little Rock

APPLICATION: ARK 5K CLASSIC - SEP 1ST, 2018, 7:30 AM - 2018 ARKANSAS RRCA GRAND PRIX SERIES

Race Day Registration at Crystal Hill Magnet School, Northshore Drive, NLR, 6:00 AM to 7:15 AM
All recreational and race walkers are welcome.

PLEASE BE SURE TO CHECK THE APPROPRIATE LINE THAT APPLIES TO YOUR ENTRY:

5K Adult Entry Fee _____ \$20 until July 31st 11:59 PM Aug 1st thru Sept 1st \$25 race day (9/1/2018) _____

5K Children (14 & Under) Entry Fee _____ \$10 until July 31st 11:59 PM Aug 1st thru Sept 1st \$15 race day (9/1/2018): _____

NOTE: Changes to Awards 1st, 2nd, 3rd Overall Male & Female, Masters (40+), Grand Masters (50+), Seniors (60+).
Top 3 Age Divisions 10 & UNDER, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

NOTE: PICK UP YOUR RACE PACKET RACE DAY MORNING. TIMING CHIPS ARE REQUIRED TO DETERMINE FINISH TIMES, NUMBERS & CHIPS WILL BE HANDED OUT ON RACE DAY MORNING, FROM 6 AM TO 7:15 AM.

DIRECTIONS: From Little Rock, take 430 North exit Maumelle, Right on Crystal Hill Road then Right on North Shore Drive. Straight until you come to Crystal Hill Magnet School on the right. **From North Little Rock** take I- 430 South and take the Maumelle exit. Left on to Maumelle Blvd which becomes Crystal Hill Rd. after crossing over I- 430. Then Right on North Shore Drive straight until you come to Crystal Hill Magnet School on the right.

Starts on Northshore Drive & loops around the Northshore until exiting on to Cook's Landing Rd. After passing Cook's Landing make a left onto Isabella Jo Trail and then another left on to the Northshore Trail behind ADEQ. It returns to the Northshore Drive and finishes at Crystal Hill Magnet School.

*****MILE MARKERS at EACH MILE***** [ARK 5K Course](#)

Awards at the school soon after the final finisher arrives.

PLEASE MAKE CHECKS FOR 5K PAYABLE TO: ARKANSAS RUNNING KLUB. MAIL TO: P.O. BOX 6162, NORTH LITTLE ROCK, AR. 72124
TO SIGN UP ONLINE GO TO: [HTTPS://RUNSIGNUP.COM/RACE/AR/NORTHLITTLE ROCK/ARK5KCLASSIC](https://RUNSIGNUP.COM/RACE/AR/NORTHLITTLE ROCK/ARK5KCLASSIC)

First Name _____ Last Name _____

Street Address or PO Box _____

City _____ State _____ Zip _____

Email Address _____ Phone # (_____) _____

Date of Birth _____ Age on 9/1/2018 _____ Gender Male _____ Female _____

Check T-Shirt size X-Small _____ Small _____ Medium _____ Large _____ X-Large _____ XX Large _____ **-NO SHIRT** _____

NO SHIRT GUARANTEED AFTER AUGUST 5TH

RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run 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 run. I assume all risks associated with running and volunteering to work in club races including but not limited to: falls, contact with other participants, the effects of the 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 Arkansas Running Klub, the Arkansas RRCA Grand Prix and any 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 persons 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.

I agree to the waiver above, Signature: _____ Date ____/____/2018

Parent consent if the above is under 18. Signature: _____ Date ____/____/2018