

21st Annual "Run Like Yell" 5-K Run/Walk
In conjunction with
The Free State of Yell Fest
Saturday, May 8, 2010, 8:00 a.m., Dardanelle, Arkansas
Registration is at 7:00 a.m.

THE COURSE

The race will start and finish in downtown, Dardanelle. The course is flat and fast, ending on Dardanelle's historical Front Street along the Arkansas River.

REGISTRATION

Registration will begin at 7:00 a.m. in the Gazebo on Front Street in downtown, Dardanelle. Those who pre-registered will be able to pick up their T-shirts at this time.

PARKING

Parking is available along Front Street and at Veterans Memorial Park just off Front Street near the Arkansas River.

RESULTS

Runners will be given a numbered card as they cross the finish line. Please complete and return the card to the result's table immediately. Results will be posted as soon as possible after the completion of the race. Please do not remove your card from the board where it is posted. **Refreshments will be available after the race.**

T-SHIRTS

All participants will receive a T-shirt. We request you request you return this entry form 1 month in advance to help with the ordering process. Otherwise, you may not get a T-shirt or the size you need on the day of the race. SHIRT SIZE: ADULT S _____ M _____ LG _____ XL _____

AWARDS

There will be trophies awarded to the Overall Male and Overall Female winners and to the top three (3) finishers in each age group (no duplications). Male and female age groups will be as follows:

0-14	25-29	40-44	55-59
15-19	30-34	45-49	60-up
20-24	35-39	50-54	

To pre-register mail, email, or fax completed entry form and \$15 to: Dardanelle Chamber of Commerce, Post Office Box 208, Dardanelle, AR 72834. Make checks payable to the Dardanelle Chamber of Commerce. **RACE DAY FEE: \$17.** (479) 229-3328. Fax: (479) 229-5086.
www.dardchamber@hotmail.com. Sorry, NO REFUNDS.

****NAME:** _____ ****ADDRESS:** _____

****CITY:** _____ ****STATE:** _____ ****ZIP:** _____

****PHONE:** _____ **AGE:** _____ **SEX:** M _____ F _____ **DATE OF BIRTH:** _____

Know that running a road race is a potentially hazardous activity. I should not enter and run 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 the risks associated with running this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated 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 officials of the Free State of Yell Fest 5-K Run, the Dardanelle Chamber of Commerce, the City of Dardanelle, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver.

SIGNATURE: _____ **DATE:** _____
PARENTS SIGNATURE IF UNDER 18