



2009 Entry Form Isaac Dickson Hot Chocolate 10K & Kids Hill Climb

January 24th, 2009
Asheville, North Carolina
www.hotchocolate10k.com

Welcome to the Isaac Dickson Hot Chocolate 10K & Kids Hill Climb, a race to benefit the non-profit Isaac Dickson PTO. Enjoy Asheville's flattest 10K followed by entertainment and a steaming cup (or two!) of hot cocoa for a tasty post-race treat. This event is chip timed and long sleeve t-shirts & PowerSox are guaranteed to the first 400 10K runners. We are proud to be the first race of ATC's 2009 Grand Prix!

Registration/Packet Pickup

Drop Off: Entry forms can also be picked up, as well as dropped off, until January 23rd, 2009, at the Isaac Dickson Elementary School office located at 125 Hill Street in Asheville, NC.

Mail-In: The Mail-In entry deadline is Wednesday, January 15th, 2009. Entries must be postmarked no later than this date. Please send to: The Isaac Dickson Hot Chocolate 10K, c/o Tim Grotenhuis, 17 Sylvan Ave., Asheville, NC, 28801

Race Morning: Race morning registration will be between 7:30 and 8:30 a.m. at Isaac Dickson Elementary School.

Packet Pickup: Packet pick up and additional pre-registration will be held from 5:00 to 7:00 p.m. on Friday evening, January 23rd at Isaac Dickson Elementary School in the Gym located at 125 Hill Street in Asheville. On race morning Packet pickup will also be located in the IDES gym from 7:30 to 8:30 a.m. Timing chips will be distributed the morning of the race in the same place. Race number must be presented in order to get your timing Chip.

Entry Fees

10K: \$17/\$12 adult/14 & under if postmarked by January 15th, 2009. \$20/\$15 afterwards. \$22/\$17 Jan.23rd and 24th. **1K Kids Hill Climb** is \$6. Make checks payable to the IDES PTO. There is a \$10 fee for unreturned timing chips.

Start Times and Course***

The 10K begins at 9:00 a.m. on Hill St. just above the upper parking lot at IDES and travels down to Hill St. and then to Riverside Drive. It then continues south on Riverside Dr. and onto Lyman St. until it reaches Amboy Road. The course crosses the French Broad and does a short loop of French Broad River Park before returning back to IDES. The 1K kids Hill Climb starts at 9:45am and finishes in the IDES parking lot.

Awards

10K: Prizes will be awarded to the top three male and female overall finishers and to the first male and female in the Masters Division (40+). Awards will go to the top three finishers in each of the following age divisions: 14 and under; 15-19; 20-24; 25-29; 30- 34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70 and over. Overall placers not eligible for age group awards. **1K Hill Climb:** Every runner gets a medal! This race is limited to children 12yrs and under.

Contact Us

If you want to, email us at info@hotchocolate10k.com, otherwise feel free to call (828)301-3071.

-----cut----- Isaac Dickson Hot Chocolate 10K and Kids Hill Climb Entry Form (one per person!) -----cut-----

Name: _____ Male:___ Female:___
Address: _____ Phone: _____
City/State/Zip: _____ T-Shirt Size: Adult: S M L XL
10K:___ 1K Kids Hill Climb*:___ (*12yrs and under only) Youth: S M L
How Did you hear about us? _____ Birthdate: _____
email: _____ (needed for confirmation email!)
Entry Amount: \$ _____ Additional Donation to PTO: \$ _____ *Fully Tax Deductible

Race Waiver (please read carefully):

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Isaac Dickson Elementary School PTO, Isaac Dickson Elementary School, Asheville City Schools, race organizers, and other sponsors and supporters for all claims and damages, demands, actions and whatever in any manner arising out of my participation in the Isaac Dickson Hot Chocolate 10k and Kids Hill Climb. I attest and verify that I have full knowledge of risk involved in this event and I am physically fit and trained to participate in this event.

Signature (parent or guardian if under 18)

Date



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