



**ASHEVILLE CHRISTIAN ACADEMY  
5TH ANNUAL LION RUN  
5K CROSS COUNTRY RACE AND 1 MILE FUN RUN**

*Saturday, October 15, 2011, at Asheville Christian Academy in Swannanoa*

**Welcome:** ACA students, alumni, families, friends, and all other interested runners from the community.

**Course:** ACA cross country course, gently rolling grass and dirt.

**Entry Fee:** \$15 for the 5K and \$5 for the Fun Run by October 7.  
Entries after October 7 - \$30 for the 5K and \$15 for the Fun Run.  
Oct. 15, accepting new registrations until 7:30 a.m., you must be in line by that time.  
Alumni of ACA Varsity Cross Country teams -- donation only.

**Schedule:** Registration and course walk from 7:00-8:00 a.m. 5K begins at 9:00 a.m. Fun Run begins at 10:00 a.m.

**Directions:** Take Exit 59 for Swannanoa off of I-40 and follow the signs to Asheville Christian Academy.

**Awards:** Top male and top female.  
Age Groups -- top male and top female in each:  
12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+  
Fun run: Award to top girl and top boy age 11 and under.  
Moisture Wicking Performance T-shirts for all entries received by September 30.  
(All others are subject to availability.)

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Complete, detach, and mail to: **ACA, Attn. Dwayne Long, P.O. Box 1089, Swannanoa, NC 28778**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Age on October 15, 2011 \_\_\_\_\_

Male  Female

5K  Fun Run

Men's, Ladies and Youth cut t-shirts, Men will get men's cut, and ladies will get ladies cut.

Adult T-shirt size:  Extra Small  Small  Medium  Large  XL  XXL

T-shirt Youth size:  YS  YM  YL

Amount Enclosed \$ \_\_\_\_\_ (Make check payable to Asheville Christian Academy)

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 or guardian if under 18) \_\_\_\_\_