



What: 5.6-Mile Trail Run

When: Saturday, March 13, 2010, 9:00am (Check-In starts at 8:30am)

Location: US Army Corps of Engineers, Lake Allatoona, Riverside Pavilion

Directions from Downtown Atlanta: Take I-75 North to Exit #285. Turn Left on Red Top Mountain Road. Turn Right on Hwy 41/Joe Frank Harris Parkway. Turn Right on Allatoona Dam Road. Follow Allatoona Dam Road in to the Park. The Riverside Pavilion is the first large pavilion on the Left. Parking is limited. Carpooling is recommended.

Course Description: The course will follow the Yellow Vineyard Mountain Eagle Scout Trail. It is a 5.6 mile out-and-back course. The trail traverses the forested slopes of Vineyard Mountain. From its lofty vantage points, runners/walkers/hikers are provided beautiful vistas of the Etowah River Valley, Allatoona Dam, the Cooper's Furnace historic area and Allatoona Lake.

*Registration and Entry Fee: \$30, checks should be made payable to Georgia Eye Bank. All proceeds from this event will benefit Georgia Eye Bank. Visit Active.com or return the form below before Friday, March 6, 2010. **No race day registration.** Space is limited to 100 participants.*

Goodies: All participants will receive a goodie bag, technical shirt and snacks.

Prizes: Prizes will be awarded to the Top Three Females and the Top Three Males.

Mari Fridenmaker, Race Director: 404.667.0817 or trimarifri@gmail.com or peachtreetriclub.com/geb.html

2010 Vision Trek Participant Registration Form

Name: _____ Age: _____

Address: _____

Phone: _____ Email Address: _____

Shirt Size (W=Women's, M=Men's): WS WM WL WXL MS MM ML MXL

Emergency Contact Name, Relationship and Phone: _____

Medical Conditions: _____

How did you hear about this event? _____

Waiver and Release

I know that participating in a trail run is potentially hazardous activity. I should not enter or participate in activities unless I am medically able and properly trained. I agree to abide by any decision of a race official concerning my being allowed to participate in or complete this event. I assume all risks associated with participating in this event, including, without limitation, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the trail, including all wildlife, 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 enlisted to act on my behalf, waive and release The Georgia Eye Bank and its officers, employees, volunteers and all those associated with the US Army Corps of Engineers from all claims or liabilities of any kind arising out of my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver, and grant permission to them to use photographs, motion pictures, or other record of the event for any legitimate purpose.

Signature: _____ Date: _____

Mari Fridenmaker * PO Box 13626 * Atlanta, GA 30324