

# Al Toll Memorial 5K and 15K Road Races

Macon, Feb. 9, 2019

Register online at [www.macontracks.org](http://www.macontracks.org)



Please join us for the 35th Annual Al Toll Memorial Road Race. The 5K is an out-and-back and the 15K is a rolling loop with pleasant scenery and plenty of hills. Both races are open to all ages. The 5K starts at 8:30 a.m. and the 15K at 9:00 a.m.

**WHERE:** Races will begin at the Academy for Classical Education, 5665 New Forsyth Road. From I-75, take the Bass Road exit and turn left (coming from Atlanta) or right (coming from downtown Macon). Turn left at the 4-way stop (New Forsyth Rd) and then turn right onto the school campus. Race day registration and packet pick-up will be inside.

**AWARDS:** Custom long-sleeved shirts to participants while supplies last. Awards will be given to males and females: the first 3 overall finishers in each race; the first masters in the each race; and the first 3 finishers in age groups 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, 70-74, 75+. Awards must be claimed at the awards ceremony on race day.

**REGISTRATION:** Early Registration is \$20. Macon Tracks members receive \$1 off when pre-registering. Online registration is available with no service fee at [www.macontracks.org](http://www.macontracks.org) through Feb. 8th. Mailed registrations must be postmarked by February 3rd. Race day registration will be \$25.00. Register online or mail your check, made payable to Macon Tracks Running Club, to: P.O. Box 26455, Macon, GA 31221. For more information, go to [www.macontracks.org](http://www.macontracks.org).

## Thanks to our sponsors:



**Navicent Health**  
*Everything about us is all about you.*

The Academy for Classical Education



**RUN & SEE  
GEORGIA**



Name:		Sex:	Age on race day:
Address:		Race (circle one): 5K or 15K	
City:	State:	Zip:	
E-mail address:		Phone:	
Shirt size (circle one): Youth-Med Small Medium Large XL 2XL (add \$2)			

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the 2019 Al Toll Memorial 5K & 15K Races for injury or illness which may directly or indirectly result from my participation in this event. I further state that I am in proper physical condition to participate in this event. Awards must be claimed at the awards ceremony on race day.

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Guardian if runner is younger than 18)