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*Stand's* of  
Anderson



A Special Thanks to the Park Director and the staff of Mounds State Park for their help in coordinating this event. Part of any proceeds from the race is donated to Mounds State Park.

Anderson Road Runners Club  
6390 White Oaks Drive  
Anderson, IN 46013



37th Annual

# Run the Mounds

Woodland Shelter Mounds State Park

Anderson, Indiana

Sunday November 4, 2018

2:00pm

5 Mile Run, 5K Run or

5K Competitive Walk



Race by Anderson Road Runners Club

[www.AndersonRoadRunners.org](http://www.AndersonRoadRunners.org)

Race Directors – Wray Jean Fincher,

Greg Smith 765-778-7087

[gbsmith1@comcast.net](mailto:gbsmith1@comcast.net)

Register On-line at

[RunSignUp.com](http://RunSignUp.com)

## 2018 Registration Form

5 Mile Run \_\_\_\_\_ 5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

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

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Sex: M F

Age as of (11/4/18) \_\_\_\_\_ or HeavyWT (200+lbs) \_\_\_\_\_

Birth Date \_\_\_\_\_

E-mail \_\_\_\_\_

### Apparel Not Included in Race Fee

Race pre-register by 10/20(No shirt included) \$20 \_\_\_\_\_

ARRC Members pre-reg. by 10/20 No shirt \$18 \_\_\_\_\_

Middle/High School XC Runners No Shirt \$5 \_\_\_\_\_

Registration 10/21 thru 11/2 (no shirt) \$25 \_\_\_\_\_

ARRC Member Registration 10/21 thru 11/2 \$23 \_\_\_\_\_

### Apparel Sizes (Circle one) Must order by 10/20

Only pre-ordered shirts are guaranteed

Unisex Long Sleeve Wicking Shirts \$15 \_\_\_\_\_

Shirt Sizes: XS S M L XL XXL

Unisex Long Sleeve Cotton Sweatshirt \$15 \_\_\_\_\_

Sweatshirt Sizes: S M L XL XXL

Total \_\_\_\_\_

Register on-line at RunSignUp.com or

Please make checks payable and send to:

Anderson Road Runners Club

6390 White Oaks Drive Anderson, IN 46013

### \*\* All Must Sign Waiver Below\*\*

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees do hereby release and discharge the Anderson Road Runners Club and any other business or group affiliated with this race, their officers, agents, and employees from all claims or damages, demands, Acts of God or actions whatsoever in any manner arising or growing out of my participation in the Run the Mounds event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in the event.

Signature: Participant or Parent or Guardian (Required)

99% Trails and Grass, 1% Blacktop

## The Course

Both the 5 mile and 5K courses start on the grass, then utilize the trail system. The trails have ruts, rocks, stumps, roots, leaves, and other naturally occurring debris on them. Under certain conditions runners and walkers might also encounter mud, water hazards and slippery or icy conditions.

## Awards & Refreshments

Awards will be presented to the overall male and female runners and walkers, as well as overall masters male and female runners. All finishers will receive a newly designed medal. Awards will be presented at approximately 3:30P in the Park main pavilion. Refreshments will be served in the pavilion.

## Walkers

For Walkers, judged race walking conventions apply. Requirements are continuous contact with the ground and straight locked knee in stride motion – NO jogging or running. Walkers will be disqualified if not adhering to the standards. Decisions of the Judges are final.

### Running Divisions

11 & Under 12 – 14  
15 – 18 19 – 24  
25 - 29 30 – 34  
35 – 39 40 – 44  
45 – 49 50 – 54  
55 – 59 60 – 64  
65 – 69 70 – 74  
75 – 79 80 & Over

Heavyweight 200+Lb  
(men run only)

### Walking Divisions

29 & Under 30 – 34  
35 – 39 40 – 44  
45 – 49 50 – 54  
55 – 59 60 – 64  
65 – 69 70 – 74  
75 & Over

## RTM Race Results

Complete Race results will be posted on our website within a few days of the event.  
www.andersonroadrunners.org

## Run the Mounds

37th Annual Race November 4, 2018

### Children's Fun Run

Meet 1:20 P.M. at front of Pool House-

Race 1:30 P.M. Start

(A FREE non-competitive run. No shirt included)

### RTM 5 Mile Run

2:00 P.M. Start – In Front of "Woodland Shelter"

### RTM 5K Run

2:10 P.M. Start – In Front of "Woodland Shelter"

### 5K Competitive Walk

2:12 P.M. Start – In front of "Woodland Shelter"

### Mounds State Park

4306 Mounds Rd, Anderson, IN 46017

www.andersonroadrunners.org

### Pre-registered, Race Day Registration, and Packet

Pick-up in Park Pavilion 12:00 P.M. to 1:45 P.M.

### Race Day Registration

Registration from 12:00 P.M. to 1:45 P.M. in the Pavilion Near front gate.

~~\$30 RTM~~ no shirt included

~~\$40 RTM~~ with shirt if still available

~~\$40 RTM~~ with Sweatshirt if still available

~~\$ 5 RTM~~ Middle School/ High School XC

Runners – No Shirt

Because of the costs involved, there will be either a very limited supply or no current shirts available to purchase or order day of the race. Shirts will not be mailed. Only entries received by Oct. 20, 2018 will be guaranteed a shirt!!!!!!

Park entry fees are covered in your race registration. Parking at Mounds State Park is limited. Arrive early to avoid problems. Please follow the directions of Park Employees and Race Volunteers.