

The Melonvine Striders Proudly Present

The 31st Running of the

# HOPE WATERMELON 5K & KID'S MELON MILE 2009



www.ARKRCA.com

Tech Shirt to 1st  
150 entries  
Sign up now!



Saturday, August 8, 2009  
7:30 a.m.  
Hope, Arkansas

### SITE AND COURSE

Fair Park in Hope, Arkansas  
The 5,000 meter course is certified to be accurate by the USA T/F Running Technical Committee and sanctioned by R. R. C. A. and USA T/F.

### DATE & STARTING TIME

Saturday, August 8, 2009  
7:30 a.m.—5,000 Meter Run/Walk @ 6th and Mockingbird  
9:00 a.m.—"Melon Mile" Fun Run @ Fair Park Pool

### DIRECTIONS TO START

From I-30, take Exit 30. Proceed south into Hope. Turn right at the 3rd red light onto Hwy 67. Go 3 blocks and take a left on Hwy 174. Continue 5 blocks to Park Drive and take a right. There will be orange 5K signs directing the way as well.

Directions, course map and results will be posted @ [www.arkrrca.com](http://www.arkrrca.com).

### AWARDS

- Ceremony will be held by Pool at approximately 9:30.
- Overall top 3 M/F in Open and Master runners
- Top Senior & Grand Masters (M/F)
- Overall top 6 M/F walkers
- Top 3 Wheelchairs
- Age group awards to top 3 finishers in running division only.

5K RUN	
MALE	FEMALE
0-9	0-9
10-14	10-14
15-19	15-19
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65-69
70+	70+

We wish to gratefully acknowledge the following contributors whose support makes this race possible.



SOUTHERN BAKERIES, LLC



Super Foods



SWEPCO

RUNNER'S WORLD



### REGISTRATION

Pre-Registration: Postmarked by August 5, 2009  
Late Registration will be taken on August 6th & 7th until noon at the Fair Park Coliseum and the morning of the race at the front gate to Fair Park from 6:00 a.m. until 7:00 a.m. If you are unable to be present please make arrangements to have someone pick up your packet as we will not mail any out unless you can provide the cost of mailing.

### FEES & MAILING ADDRESS

5,000 Meter Run/Walk—\$18.00 preregistered, \$25.00 late registration (after August 5, 2009) and day of race.

Melon Mile Kid's Fun Run—\$5.00

Make checks payable and mail to:  
Melonvine Striders Running Club  
1521 Sammy Circle  
Hope, AR 71801

### GENERAL INFORMATION

Restrooms and showers will be provided to all race participants at Fair Park swimming pool. As usual, ice cold watermelon will be served to all participants. We will also offer free refreshments. For more information, call Don Still at (870) 777-1917 or email at [still1@sbcglobal.net](mailto:still1@sbcglobal.net).

### ATTENTION ALL PARTICIPANTS AND PARENTS!

For the safety of our participants no head phones, strollers, in-line skates, bicycles or dogs (with the exception of service dogs) will be allowed on the course.

### KID'S MELON MILE

Cost \$5.00 Starts 9:00 a.m.

The "Melon Mile" is open to all boys and girls ages 3 through 12 years of age as of August 8, 2009. The course is the same as last year and is protected at the main intersections. It is 5 miles in length. The start is at the side gate near Fair Park Pool and finishes at the same point. Refreshments will be provided to all participants. Medallions will be awarded to all Melon Mile participants. The first 60 Melon Mile participants will receive a t-shirt.

## Official Watermelon 5K Entry Form

### WAIVER STATEMENT—ENTRY INVALID IF NOT SIGNED

I know that running is a good sport is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to check by any doctor at a race official notified to my ability to safely run or complete this race. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, falls and conditions of the road, all such risks being known and realized by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I do waive and release, for myself and any one entitled to act on my behalf, those named as follows: Hope-Hempstead County Chamber of Commerce, the City of Hope, Arkansas, Melonvine Striders Running Club, 2014, or any and all other sponsors, their respective officers and successors from all claims or liabilities of any kind arising out of my participation in this event through their liability may arise out of negligence or carelessness on the part of the person or persons named in this waiver.

PLEASE PRINT OR WRITE LEGIBLY (1 entry per event)  
Additional entry form on [www.arkrrca.com](http://www.arkrrca.com)

For office use only

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

Date of Birth \_\_\_\_\_ Sex: M F Age race day \_\_\_\_\_

Address \_\_\_\_\_

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

Division: Run Walk Wheel Melon Mile

Home Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

SHIRT SIZE (5K RUN/WALK ONLY)  YOUTH MED  SMALL  MED  LARGE  XLARGE  
 No t-shirt option (\$10 if received before July 25)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE (if under 18 years or if parent is in "Melon Mile" Kid's Fun Run) \_\_\_\_\_ DATE \_\_\_\_\_

OPTIONAL: I hereby grant permission to any and all of the foregoing to use my photograph, videotape, motion pictures, recording or any other record of this event for any legitimate purpose.