

## About Atlanta Ekiden 2010

Date: Sunday, September 26, 2010  
Time: 7:30 am until we feel like going home!  
Place: Piedmont Park  
Registration Deadline: Saturday, September 4, 2010

### What is it?

Atlanta's Ekiden is a relay race, with teams of six runners each running a roughly 5K leg to complete a roughly 30K race. Ekiden long-distance relays originated in Japan in the 17th century. The Atlanta Ekiden Team Relay combines aspects of the traditional ekiden relay such as the passing of a sash between team members at exchange zones with fun elements like awards for the best team name, T-shirt and tent set-up.

### Why do it?

Besides getting another race under your belt and a cool t-shirt, this is a really fun social event and a great way to meet other runners. And the best part of Ekiden is the CRR picnic! We've got a spread that makes all the other teams jealous, including enough drinks and food to picnic all day (really!). It's not unusual to find us still around after the race is over enjoying what is usually a really nice day in the park that time of year.

### What does it cost?

**Get this: CRR will pay the entry fees for up to ten teams – as well as the total cost of the picnic!**

Because you're a member, it costs you nothing! It's first-come first-served, so register early to make sure your team is in the first ten!

The fine print – *you must be a paid member in good standing to be eligible*, which means your registration or renewal must be received – in CRRs hands – prior to the registration deadline. So get your renewals in early!!

One other ask: we'd like our teams to wear a CRR shirt during the race. If you don't have one you can buy one, just let Deeter Dietz (deeter26\_2@hotmail.com) know you need one and he'll coordinate getting it to you.

### Can non-members participate?

Since CRR is paying the race entry fees and footing the bill for our fabulous spread, you must be a paid club member to participate. However, this is a great reason for your friends to become CRR members! Think about it - CRR is paying more for your participation Ekiden than you pay for your CRR membership, so not only will your friends get an immediate return on their CRR membership fee, they will become members in a really fun social running club that gives great value for its tiny little annual fee. Have you noticed what a great deal a CRR membership is? You don't just get Ekiden, you get weekly runs, and monthly pizza parties, and periodic socials, and a newsletter, and lots more...wow, what a great value!

This is NOT an attempt to strong arm you or anyone else into joining the club or renewing your membership. It is simply an attempt to fairly distribute this membership benefit to those who are in fact members of the club.

### **How do I get on a team?**

If you can find five other willing participants then you've got a team! If you don't have a complete team, don't be shy about putting one together. Ask around at CRR runs and events and you'll find others looking to team up with some new friends. Don't worry about your pace. ***This is not competitive***, it is about having fun and meeting new people. Descriptions of the different team divisions (masters, mixed, women, etc) are attached. Sign up for whichever division you like. Remember, speed is not important. Any combination of six will do.

### **What if I don't have a team?**

Go ahead and turn in an application for yourself as an individual and we'll put groups of six together. However, we have to come up with even groups of six to accommodate all individual participants and we want to be fair to everyone who wants to participate, so it will really help us out if you can try to sign up as early as possible if you want us to form your team.

### **How do I sign up?**

All we need from you is your registration form! We'll take care of registering each of your teams, getting all the food and drink for the picnic, and giving you race-day instructions the week before the race. After you get your applications in, all you have to do is show up and have fun!

We take care of registration directly with the track club – PLEASE DO NOT REGISTER ONLINE!! A CRR application has been sent over email which you should fill out electronically and return by email to either Kris Anderson [kris.anderson@mindspring.com](mailto:kris.anderson@mindspring.com) or Deeter Dietz at [deeter26\\_2@hotmail.com](mailto:deeter26_2@hotmail.com). You can also download the form via link on the Club Events page of CRR's website ([www.crrclub.com](http://www.crrclub.com)). Please note that we need a separate application for each team member (six for the team).

FAQs on the form: If you don't have a team name yet, you can leave this blank. If you are the captain of a team, check that box. If you are participating on a team, enter the captain's name as the Team Name.

***All registration forms are due in no later than Saturday, September 4.***

### **DISCLAIMER!**

*Ekiden is a team event, not an individual race.* Please remember that there are five other runners depending on you who cannot participate if you don't show. Think about how you would feel if you were the one standing at Piedmont Park early on a Sunday morning and didn't get to participate because your teammate was sleeping off Saturday night or found something better to do two days before the race. There is no "I" in team – if you sign up, please be fair to your teammates and show up.

### **Questions?**

Please email Kris Anderson at [kris.anderson@mindspring.com](mailto:kris.anderson@mindspring.com).

## Atlanta Ekiden Team Relay Divisions

1. **Open Men\*** - Any age
2. **Open Women\*\*** - Any age
3. **Open Mixed** - Any age / mix of men and women / at least two women on team
4. **Masters Men\*** - Minimum age of all members is 40
5. **Masters Women\*\*** - Minimum age of all members is 40
6. **Masters Mixed** - Minimum age of all members is 40 / mix of men and women / at least two women on team

\* May include one woman. \*\* No men.