

HAPPY NEW YEAR!

Egg Nog Jog 2013

Tuesday January 1, 2013
at High Noon (12:00pm)
on Grecian just
West of 4th Street

Pre-registered: \$25
No-shirt option: \$15
Race day: add \$5.00

This is a new course
5K
2 mile walk

For more information call
Alan Overmier 321-2171

This event is dedicated to

Gil & Caroline Duran

Who are retiring from race directing

Mail in registration to Alan Overmier
309 14th Street SW 87102
Or register on-line at www.Active.com
Checks payable to: Alan Overmier

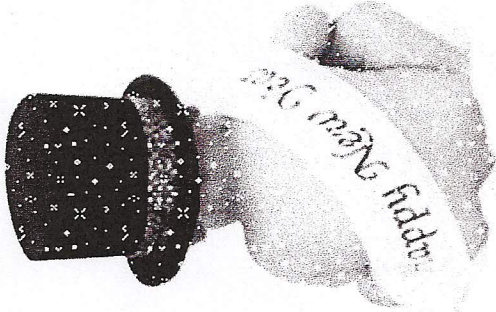
Mail-in deadline **Dec 26th**
on-line deadline: **Dec 30th**

Name: _____
Address: _____
Phone: _____

Shirt Size: _____ small _____ medium
_____ large _____ X-large

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the "Egg Nog Jog" or Alan Overmier and any other organizers or volunteers or sponsors, their representatives, successors, and/or assigns, of the "Egg Nog Jog", for any injuries or damages I may sustain as a race participant on January 1, 2013. I give race officials, organizers, or volunteers permission to obtain medical aid for me should I, in their judgement require it. I understand that volunteer first aid assistance may or may not be available at the "Egg Nog Jog", and I agree that such volunteer medical assistance may be rendered to me.

signature _____ date _____
signature of Parent or guardian _____ date _____
if under 18 years of age



This run was started by Alan in 1984! Gil Duran took over from 1990 to 2012. Alan now has the honor of carrying it on! Start your New Year right by participating in this great Albuquerque tradition!

Vintage T-Shirt Challenge

Bring me an old Egg Nog Jog t-shirt (that I don't have) and you could get 10 Bucks for it!!

hint: pre 2000 is best

Join us after for celebration and door prizes!