

Early registration advised for this years Garden Spot

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August is rapidly approaching and that means it's time for the annual 5K run/walk that has become a Franklin tradition. On Saturday, Aug. 9 hundreds of runners will converge on Franklin for the 32nd Annual Garden Spot Run presented by The Medical Center of Franklin Rehabilitation Services.

The run begins promptly at 7:30 a.m. and this year's race features one big change, as pointed out by Steve Thurmond, Director of the Franklin-Simpson Chamber of Commerce. If you aren't pre-registered and want to register that morning on-site, the new deadline of 6:30 a.m. is absolutely set in stone.

"On-site registration stops at 6:30 a.m., there are absolutely no exceptions to that," Thurmond said. "Every year there is that person who is late and gets upset. This year that deadline is earlier and I just want to make everyone aware that there are no exceptions to the 6:30 a.m. deadline."

The reason for the change is that more time is needed to input information into the electronic timing system, which is provided and run by the Bowling Green Road Runners Club. Last year's attendance number of 1,085 set a record for the race and caused back-ups with data entry. This year they have requested a full hour to complete timing in order for the race to begin on time. The group has provided timing services at the Garden Spot Run for the past several years.

The good news is that anyone can pre-register, at least



Marsha Herndon/Franklin Favorite

A photo from last year's Garden Spot 5K shows the more than 1,000 participants as they start the run up College Street. This year's race will be held Saturday, Aug. 9 and advanced registration is open now through July 30. On site registration is scheduled to begin at 5:30 a.m. and will close promptly at 6:30 a.m. on the day of the race.

through Wednesday, July 30. When you pre-register all you have to do upon arrival is pick up a packet with your race number in it. Although you'll have until race time to do it, although Thurmond recommends that everyone participating should plan to be on the square by 7 a.m.

Additionally, when you pre-register you secure a Garden Spot T-shirt in your size, save \$10 on the entry fee— which is \$20 in advance and \$30 the day of the race— and also have a little extra time on that Saturday morning. Registration forms are available at the Cham-

ber office or you can register online at www.onestoprace.com.

If you are running or walking in one of the corporate challenges or with a group or team, the registrations for those are due Friday, July 18. Thurmond says as of July 11 he has received paperwork from 10 teams and he expects more will participate.

This year's sponsors in addition to The Medical Center of Franklin Rehabilitation Services include contributing sponsors Citizens First Bank, Franklin Bank & Trust and South Central Bank as well as

the City of Franklin, Franklin-Simpson Industrial Authority, Kentucky Downs, Legacy Group Properties, LLC and PriceLess IGA.

In the past, the race has attracted runners from not only surrounding counties but also from Louisville and Lexington as well as Indiana and Tennessee. This year, Thurmond says, he had someone call from Marietta, Georgia asking for information on this year's race. He says the Garden Spot 5K has garnered so many fans in the running community because of the way it is organized, the atmosphere of

the city and the course.

The Friday night before the race will again host the ½ Mile Moo Run for children ages 6 to 10 will run a short course from the square up South College Street to the middle school and back. Last year's Moo Run had 49 participants. Registration begins at 5 p.m. and the cost is \$2.

For more information on the Garden Spot Run, the Moo Run or to join the F-S Chamber of Commerce, contact Steve Thurmond at the Chamber office by phone at 270-586-7609 or email sthurmond@f-schamber.com.