



LIEUTENANT COLONEL (RET) MELVIN T. INGRAM, USMC

Lieutenant Colonel (RET) Melvin T. Ingram, USMC  
**5th Annual Memorial  
5K Family Run/Walk  
May 28, 2016**

**Central State Hospital Campus  
620 Broad Street (Pecan Orchard)  
Milledgeville, GA 31062**

**Event Specifics**

- Date:** Saturday, May 28, 2016, Race starts at 8:00am  
**Location:** Central State Hospital Campus, 620 Broad St (Pecan Orchard), Milledgeville, Georgia 31062  
**Register:** Race day registration begins at **6:30am** at the Powell Bldg.  
Online registration available at [www.active.com](http://www.active.com)  
Team registrations are welcome and must be done via phone at 360-909-1739. Teams of 10 or more will receive a discount.  
**Cost:** \$20 up to May 18<sup>th</sup>, \$25 after May 18<sup>th</sup> and through race day.  
**Course:** Course is run on paved streets entirely within the Central State Hospital Campus.  
**Awards:** Overall Male/Female, Masters Male/Female and top three male/female runners in 5 year age groups beginning at 10 and under through 75 and over.  
**Goodies:** T-shirts are guaranteed to all pre-registered participants registered by May 18th and as supplies last for race day participants.  
Refreshments will be available after the race.

**Event Description**

The 5<sup>th</sup> Annual Ingram Memorial 5K Family Run/Walk is a fundraising event to support the **Willie R. (Bill) Ingram, Jr. and Lt. Col. (Ret) Melvin (Mel. T) Ingram, USMC, Scholarship Fund** and to raise awareness of Hypertensive Arteriosclerotic Cardiovascular Disease. Your support helps cover all event costs and money generated during the event goes directly to the Willie R. (Bill) Ingram, Jr. and Lt. Col. (Ret) Melvin (Mel. T) Ingram, USMC, Scholarship Fund. We welcome your participation in our corporate and private funding program which includes sponsor levels that can be found at [www.meltingram.com](http://www.meltingram.com).

**Event Contacts:**

**Barbara Ingram Stone**  
360-909-1739  
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**Lisa Taylor Marks**  
478-804-1273  
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**David Hopkins**  
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*Entry forms may be copied - One entry per form*

**Make checks payable to Mel T. Ingram Foundation**

**Mail completed entries to:**

**Ingram Memorial 5K**

**c/o Classic Race Services, 1860 Barnett Shoals Road, Suite 103-498, Athens, GA 30605**

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SHIRT SIZE: S M L XL XXL E-MAIL: \_\_\_\_\_

Waiver: I hereby release the hosts, sponsors, volunteers, and officials of the Lt. Col. (Ret) Melvin T. Ingram, USMC, Memorial 5K Run/Walk from all claims of injury or damages resulting in my participation in said event. I realize this is a strenuous event and I am in proper physical condition to participate.

Signature (under 18, parent or guardian) \_\_\_\_\_ Date: \_\_\_\_\_

**Thank you for your support!**

[www.meltingram.com](http://www.meltingram.com)

<https://www.facebook.com/LtColRetMelvinTIngramUsmcMemorial5kFamilyRunWalk>