



Family Advancement Ministries

... helping families move ahead.



GLOW4FAM

5K FUN RUN 11-12-16

REGISTER BY:

October 8th to receive T-shirt

Date: Saturday, November 12, 2016

Place: Ocmulgee National Monument | 1207 Emery Hwy, Macon, GA 31217

Time: Late Registration and Packet Pickup 4:00 p.m. **Races begin at 5:00 p.m.**

Open to Everyone Entry Fees: Pre-Registration \$25.00 (Postmarked by 10-07-2016) | Not Refundable 12 Years and Under \$15.00

Late Registration fee: Day of Race \$30.00 | 12 Years and under \$20.00

Registration also available on-line: www.racerpal.com/races/ glow4fam

Prizes will be awarded for Overall, male/female 5K winners and in age groups for 1st, 2nd, & 3rd place male/female in the following age classifications: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Refreshments: Water will be provided at stations along the route and complimentary nutritious snacks will follow the race.

Questions? Call Sachie Thorne, (478) 746-9803 ext. 108 or email Sachie@FamilyAdvancementMinistries.org

T-shirts are guaranteed only to those who are pre-registered.

Tear off below and return to Family Advancement Ministries

Name _____
Address: _____
City, State, Zip _____
Email: _____
Phone: _____ Birthdate _____ Age on Race Day: _____ Male _____ Female _____

Make Checks Payable to:
Family Advancement Ministries 5K
538 Orange St., Macon, GA 31201

IMPORTANT

CHECK T-SHIRT SIZE: Small _____ Medium _____ Large _____ XLarge _____ 2XLarge _____

I know that walking/running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all the associated risks with participating in this event, but not limited to falling, contact with other participants, the effects of weather including high heat/humidity, traffic, and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I and anyone entitled to act on my behalf, waive and release Family Advancement Ministries and all sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event, for any legitimate purpose. All forms must be signed; incomplete forms will not be accepted.

Signature: _____ (Parent or Guardian if under 18)

CASH _____ or CHECK # _____ AMOUNT _____ RACE NUMBER _____