



Fit to Achieve 5k Race Saturday, March 23, 2019

Join us in a 5k Race located in Forsyth, approximately an hour from Atlanta and 30 minutes from Macon. The race begins at Monroe County Achievement Center Forsyth, Georgia.

Time: 7:45 a.m.

Check In begins at 6:30 a.m.

Location: Monroe County Achievement Center, Forsyth, GA

Register online: www.racerpal.com

Register online through March 22nd at 11:59pm.

Register by mail (.pdf)

Fees:

Through March 8th \$20.00

March 9th through race day \$25.00

Official Use Only:

Awards:

Top overall Male & Female

Top 3 Male & Female in the following age groups:

6-10, 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+

If you have questions, please contact Grady Caldwell at 478-994-7072 or Margie Bryant@ campbellmargie@hotmail.com

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Last Name: _____ First Name: _____

Age on date of race (important) _____ Date of Birth (mon/yr.) _____ Gender (Circle One): M F

Address: _____ City: _____ State: _____ Zip Code: _____

Email address: (important) _____

Shirt Size (Circle One): XS S M L XL \$2.00 extra XXL & \$3.00 extra XXXL \$4.00 extra

T-shirts are guaranteed to runners registered by March 8th.
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In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns or anyone entitled to act on my behalf, release and discharge the Monroe County Achievement Center and all sponsors, their representatives and successors and any other person assisting, on a voluntary basis or otherwise in putting on the event for any liability to me or them, including any injury or illness which might result from my participation. I further states that I am in proper physical condition to participate in Fit to Achieve 5k. I give my permission for the free use of my name(s) and/or photo in any media of this event.

Signature & Date Required: _____