



**3<sup>rd</sup> Annual  
Get Fit 5k Race  
Saturday, October 12, 2019**

Join us in a 5k Race located in Macon, Georgia approximately one hour from Atlanta and 30 minutes from Forsyth. The race begins and ends at Beulahland Bible Church in Macon, Georgia.

**Time:** 5k: 8:00 a.m.  
Check In begins at 7:00 a.m.

Please mail registration form by September 21, 2019 and make check payable to:

Beulahland Bible Church  
1010 Newberg Avenue  
Macon, Georgia  
Attn: **Julius Yates**

**Location:** Beulahland Bible Church, 1010 Newberg Ave., Macon, Georgia

Registration (In-house) before September 21, 2019 - \$12.00  
Registration (In-house) on or after **September 22<sup>nd</sup>** \$17.00 (**not guaranteed a t-shirt**)  
On-line Registration \$20.00  
On-line Registration on September 22<sup>nd</sup> \$25.00  
**NO REGISTRATION ON RACE DAY**

**Awards:**

**Top Overall Male & Female**

Top 2 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, 70-74, 75-79, 80+

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age on date of race: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (Circle One): M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email address: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

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

T-shirts only guaranteed to runners registered by September 21st.  
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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 Beulahland Bible Church 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 a 5k Race. I give my permission for the free use of my name(s) and/or photo in any media of this event.

**Signature (or parent if under 18) & Date:** \_\_\_\_\_