



## 5th Annual Get Fit 5k Race Saturday, October 22, 2022

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

“Fitness requires the shaping of mind too.”

**Time:** 5k: 8:00 a.m.

Check In begins at 7:00 a.m.

You can register online via [www.beulahland.org](http://www.beulahland.org), [www.racerpal.com](http://www.racerpal.com) or mail registration form by October 8th, 2022, and make check payable to:

Beulahland Bible Church  
Attn: **Julius Yates**  
1010 Newberg Avenue  
Macon, Georgia 31206

**Location:** Beulahland Bible Church, 1010 Newberg Ave., Macon, Georgia 31206

**Early Registration** End October 8, 2022 - \$15.00

**Late Registration** begin October 9<sup>th</sup> \$15.00 (t-shirt not guaranteed)

**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 XXL XXXL (\$2.00 extra XXL & \$3.00 XXXL)

T-shirts only guaranteed to runners registered by October 8<sup>th</sup>.  
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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:** \_\_\_\_\_