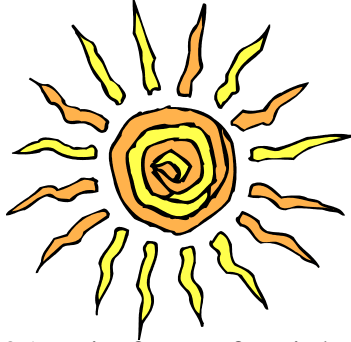


2nd Annual
A.R. Inspirational 5K Run
And Kids Fun Run
Saturday, March 28th – 9:00am, Bainbridge, GA
A fundraiser benefiting Courtney Regan



Registration: 8:00AM in front of Bainbridge High School
Pre-registration by 3/24/2009 \$15 (Guaranteed t-shirt)
Race day registration \$15

Awards to overall male/female and standard age group winners: (0-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+)
There will be a special award for the 1st place male and female for the 1st time 5K runners division.

To Pre-Register, Mail Entries to:

Bainbridge High School
(AR Inspirational Run)
1301 E. College Street
Bainbridge, GA 39819
229-248-2230 (leave message) / momara@dcboe.com

.....
Please Print Legibly: _____ 5k or 1 mile (circle one)

Name _____

Address _____

Phone _____ Sex _____ Shirt Size _____ Age: _____ (on race day)

Check here if this is your 1st 5K Road Race.

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. In particular I acknowledge the danger of hot weather running, traffic and road conditions. I acknowledge that I am medically able to perform this event, am in good health and properly trained. I assume all risks and liabilities involved in running this event and release Bainbridge High School and affiliates, Decatur County, the race director, volunteers, sponsors and anyone involved in this event from any liability as a result of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of those named in this waiver. I have read and understand the above release and enter the AR Inspirational 5K Run at my own risk.

Signature _____ Date _____
Parent or Guardian must sign if under 18