

KIWANIS RIVER RUN – 5K &10K

Saturday, January 3, 2009

Earle May Boat Basin - Bainbridge, GA

Registration opens at 7:30... Races Start at 9:00

The two runs start and finish at the Earle May Boat Basin (Shotwell Street exit off Hwy 84 bypass, west of town) and take runners along the picturesque Flint River, through a campground, and along a wooded nature trail. The 10,000-meter run has been certified by USA Track and Field (GA05001WC).

The featured 10K allows runners to experience the challenge of a very steep, although short, hill climb just past the four mile point. Special awards will be presented to overall winners, male and female, for the 5K and 10K runs, and three deep awards will be given out in each age group. Door prizes will be drawn. The runs serve as a fund raising project as well as a community service event, bringing in runners from Southwest Georgia, Southeast Alabama, and North Florida.

NAME _____ SEX _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

ENTERING (Circle) 5K 10K -- GWTC Member ___ -- SHIRT SIZE (Circle) S M L XL NONE

REGISTRATION: Pre-registration Entry fee is \$12. Day of the race is \$15.

There is a No Shirt option of \$7 pre-registered and \$10 on day of race.

INFORMATION: Call 229-400-5854 or email lance.wilson.qa0c@statefarm.com

**Make checks payable to *Bainbridge Kiwanis* and mail by Dec. 30 with this form to:
PO Box 401; Bainbridge, GA 39818**

WAIVER: In consideration of your acceptance of my entry as a participant in the Kiwanis River Run, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Bainbridge Kiwanis Club, its officers and directors, members or volunteers and others promoting or assisting in any way the promotion or organization of the Kiwanis River Run 5K/10K which may arise from my participation in this race on January 3, 2009 or while traveling to or from the event. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during this race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature of Entrant (parent or guardian if entrant under 18 years old)