



Saturday, Feb. 28, 2009



When: Race Day Registration 7:30 AM, 5K Race begins at 9 AM, 1 Mile Fun Run begins at 10 AM
Where: Begins and ends behind Cairo-Grady Chamber of Commerce, 961 N. Broad Street, Cairo, GA 39828. Parking available at Northside School (corner of 1st St NW and 10th Ave NW.)
Course: Residential, paved neighborhood, fairly flat and fast, USA TF Certification # GA07027WC
Awards: 5K: 1st,2nd, 3rd M/F in 5-year age groups, 1st Place M/F Overall, t-shirts for everyone
Medals and t-shirts to all Fun Run Participants (Ages 12 and Under)
Fees: (includes t-shirt) - Pre-registration (by Feb. 23) - \$12., Race Day Registration \$15, Fun Run \$10,
Refreshments: Halfway point and post-race; gatorade and water, fruit No T-shirt option is \$8
Contact Person: Erin White 229-225-6634 or e.white@grady.k12.ga.us

WHY: to CELEBRATE the lives of those who have battled cancer, REMEMBER those lost and FIGHT BACK against a disease that takes too much.

Entry Form (all proceeds benefit the American Cancer Society)

Name _____ Age _____ M or _____ F
 Address _____ I am running in the:
 City _____ State _____ Zip _____ 5K Run
 Club/Affiliation _____ 1 Mile Fun Run

I am running for (In Support of, In Memory of) _____

Register online at www.active.com or

Please make checks payable to Cairo High School and mail to:

CHS Relay for Life
455 5th Street SE
Cairo, GA 39828

Please circle shirt size:
YM YL AS AM AL AXL AXXL No T-Shirt

Pre-registration must be received by
Monday, Feb. 23 to guarantee shirt size;
Race Day registration begins 7AM;
Donations gladly accepted.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit, and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all race officials, volunteers and all sponsors including their agents, employees, employers, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and waiver extends to all claims of every kind and nature whatsoever, foreseen and unforeseen, known or unknown.

Signature (parent if under 18) _____ Date _____