



United Way  
Community 5K and Fun Run  
Saturday, November 21, 2009

**Time:** 9:00 AM (Race day registration begins at 8:00 AM in the gymnasium.)

**Place:** Southside Elementary School

**Awards:** Awards for overall male and female; Awards to the top 3 in each age group. Age groups in male and female for 5K: 0-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

**Entry Fee:**

Pre-registration by November 16, 2009      \$10.00 for the 5K (guaranteed t-shirt)

Race Day Registration      \$15.00

**Fun for the Kids:** Kids can buy a \$5.00 armband. This armband will enter them into the 1 mile Fun Run, and they will have unlimited use of the activities available on race day.

**Entry Form**

**All proceeds benefit the United Way.**

Name \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please circle shirt size:

YM YL AS AM AL AXL AXXL

Please make checks  
payable to United Way  
and mail to:  
United Way for Grady  
Co., Inc.  
P.O. Box 583  
Cairo, GA 39828-0583

**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 inclement weather, traffic, and road conditions. I acknowledge that I am medically able to perform this 3.125 mile event, am in good health, and properly trained. I assume all risks and liabilities involved in running this event and release United Way of Grady County and affiliates, Grady County, City of Cairo, 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 United Way Community 5K and Fun Run at my own risk.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian must sign if under 18