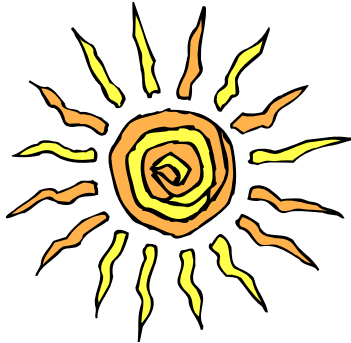


3rd Annual
**A.R. Inspirational 5K Run
and Kids Fun Run**
Sunday, March 21st – 3:00pm, Bainbridge, GA



Registration: 2:00PM in front of Bainbridge Middle School
(this is the same location as last year – it is now called the middle school
instead of the high school)

Pre-registration by 3/19/2010 \$15 (Guaranteed t-shirt)
Race day registration \$15

Awards to overall male/female and standard age group winners: (0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+)

There is a **special division award** for the **1st place male** and **1st place female** whose race is their first time ever running a 5K road race.

To Pre-Register, Mail Entries to:

Bainbridge High School
(AR Inspirational Run)

1 Bearcat Blvd

Bainbridge, GA 39819

229-248-2230 (leave message) / momara@dcboe.com (preferred contact)

.....
Please Print Legibly:

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