

4th Annual
Memorial Day 5k Night Race
One Mile Run

Monday, May 31, 2010 – 7:00 pm, Bainbridge, GA
A fundraiser for the Bainbridge High School Cross Country Teams



See the next page for info on our Boston Butt sale (pick up with be the day of the Race!)

**OUR RACE START/FINISH LOCATION HAS MOVED to Boulevard Park.
The rest of the course will be the same! Please see the next page for details!!!**

Registration: 6:00 pm
Pre-registration by 5/24/2010 \$15 (Guaranteed t-shirt)
Race day registration \$15

One Mile Run is for Elementary-aged children only, please – Registration is \$10 and includes a T-shirt, and the chance for an award.

Awards to overall male/female, 1st place Military Personnel 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+)

To Pre-Register, Mail Entries to:
Bainbridge High School (Coach Mandi O'Mara)
1 Bearcat Blvd
Bainbridge, GA 39819
momara@dcboe.com (preferred way of contact)
Or call: 229-248-2230 (leave message)

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Please Print Legibly:

5k or 1 mile (circle one)

Name _____

Address _____

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

- Check here if in any branch of the Military (served or currently serving).**
 Check here if you would like to Pre-Order a Boston Butt (please order by 5/24)

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 Memorial Day 5K Night Race at my own risk.

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

